



Blueberry-Lemon Muffins

 Vegetarian

READY IN



42 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 3 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh divided

- ☐ 1 tablespoon lemon rind divided grated
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400
- ☐ . Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients in a medium bowl; stir well with a whisk.
- ☐ Add blueberries and 2 teaspoons lemon rind; toss gently. Make a well in center of mixture.
- ☐ Combine buttermilk, butter, 1 teaspoon lemon juice, and egg in a bowl; stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 17 to 18 minutes or until golden brown.
- ☐ Remove muffins from pan immediately; cool on a wire rack.
- ☐ Combine powdered sugar, remaining 1 teaspoon lemon rind, and remaining 2 teaspoons lemon juice in a small bowl; stir until smooth.
- ☐ Drizzle glaze evenly over muffins.

Nutrition Facts

 **PROTEIN 7.13%**  **FAT 17.85%**  **CARBS 75.02%**

Properties

Glycemic Index:27.26, Glycemic Load:19.98, Inflammation Score:-2, Nutrition Score:4.5160869748696%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.92kcal (9.15%), Fat: 3.68g (5.66%), Saturated Fat: 2.06g (12.91%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 33.88g (12.32%), Sugar: 18.05g (20.06%), Cholesterol: 23.63mg (7.88%), Sodium: 198.46mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Selenium: 8.79µg (12.56%), Vitamin B1: 0.18mg (11.71%), Folate: 41.99µg (10.5%), Manganese: 0.19mg (9.3%), Vitamin B2: 0.16mg (9.11%), Vitamin B3: 1.3mg (6.49%), Iron: 1.15mg (6.4%), Phosphorus: 57.53mg (5.75%), Calcium: 54.75mg (5.48%), Fiber: 0.92g (3.66%), Vitamin C: 2.48mg (3%), Vitamin K: 2.72µg (2.59%), Vitamin A: 124IU (2.48%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (2.18%), Magnesium: 7.83mg (1.96%), Zinc: 0.29mg (1.93%), Potassium: 63.55mg (1.82%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.27%)