



Blueberry Lime Muffins



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon lime zest grated
- ☐ 0.8 cup milk
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 1 cup blueberries fresh thaw (do not)
- ☐ 0.5 cup powdered sugar
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 serving lime zest grated
- ☐ 2 cups frangelico

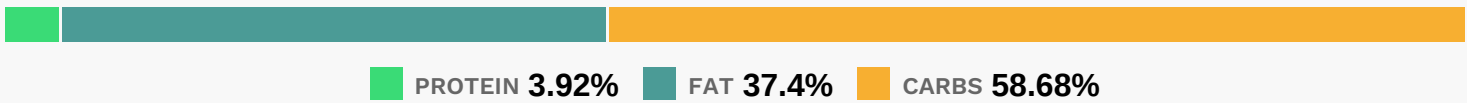
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In large bowl, stir baking mix, brown sugar and 1 teaspoon lime peel. In small bowl, stir milk, butter and egg with whisk or fork until well blended. Make well in center of dry ingredients; stir in egg mixture just until dry ingredients are moistened. Stir in blueberries. Divide batter evenly among muffin cups, filling each three-fourths full.
- ☐ Bake 16 to 18 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes; remove from pan to cooling rack.
- ☐ Meanwhile, in small bowl, mix powdered sugar and lime juice until well blended.
- ☐ Drizzle over muffins.
- ☐ Sprinkle with additional lime peel.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:1.6365217423957%

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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 110kcal (5.5%), Fat: 4.71g (7.25%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.34g (5.94%), Sugar: 15.79g (17.54%), Cholesterol: 25.64mg (8.55%), Sodium: 44.23mg (1.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin A: 170.1IU (3.4%), Calcium: 30.6mg (3.06%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.78µg (2.64%), Phosphorus: 25.86mg (2.59%), Manganese: 0.05mg (2.47%), Selenium: 1.62µg (2.31%), Vitamin B12: 0.12µg (2.05%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.24µg (1.61%), Vitamin E: 0.23mg (1.53%), Potassium: 52.58mg (1.5%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.32%), Fiber: 0.31g (1.23%), Vitamin B1: 0.02mg (1.01%), Magnesium: 4.04mg (1.01%)