



Blueberry Muffin Tops

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.3 cups blueberries fresh thawed ()
- ☐ 2 tablespoons butter
- ☐ 3 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2 tablespoons juice of lemon

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup milk
- ☐ 0.3 cup sugar
- ☐ 16.5 oz sugar refrigerated

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Let cookie dough stand at room temperature 10 minutes to soften. Meanwhile, heat oven to 350F. Line 2 cookie sheets with cooking parchment paper. In small bowl, mix 1/4 cup of the flour, sugar and butter with fork until crumbly; set aside to use for topping. In another small bowl, mix remaining 1 cup flour, baking powder and baking soda; set aside.
- ☐ In medium bowl, beat dough and cream cheese with electric mixer on medium speed until blended. On low speed, beat in egg, milk, lemon peel and lemon juice until well blended. Stir in flour mixture just until combined (do not overmix; mixture will be a thick batter). Carefully fold in blueberries. (If using thawed berries, rinse and pat dry with paper towel before adding.)
- ☐ Drop batter by heaping tablespoonfuls 1 to 2 inches apart onto cookie sheets, using rubber spatula to scrape batter from tablespoon.
- ☐ Bake 3 minutes; remove from oven.
- ☐ Sprinkle each muffin top with about 1 teaspoon crumb topping; immediately return to oven.
- ☐ Bake 16 to 20 minutes longer or just until edges begin to brown. Cool on cookie sheets 2 to 3 minutes before removing to cooling racks.
- ☐ Serve warm or cool.

Nutrition Facts



PROTEIN 3.71% **FAT 16.66%** **CARBS 79.63%**

Properties

Glycemic Index:16.51, Glycemic Load:16.42, Inflammation Score:-1, Nutrition Score:1.5291304342125%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 2.08mg, Petunidin: 2.08mg, Petunidin: 2.08mg, Petunidin: 2.08mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 4.47mg, Malvidin: 4.47mg, Malvidin: 4.47mg, Malvidin: 4.47mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 117.4kcal (5.87%), Fat: 2.24g (3.44%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 23.74g (8.63%), Sugar: 19.42g (21.58%), Cholesterol: 11.41mg (3.8%), Sodium: 37.03mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.05mg (3.31%), Manganese: 0.06mg (3.1%), Vitamin B2: 0.05mg (3.09%), Folate: 11.88µg (2.97%), Vitamin B3: 0.37mg (1.83%), Iron: 0.33mg (1.82%), Phosphorus: 18.02mg (1.8%), Vitamin A: 82.68IU (1.65%), Vitamin C: 1.24mg (1.5%), Vitamin K: 1.44µg (1.37%), Calcium: 13.51mg (1.35%), Fiber: 0.33g (1.31%)