



Blueberry Muffin Tops

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 12 oz blueberries fresh
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 3.5 tablespoons sugar
- ☐ 3 tablespoons butter unsalted cold cut into bits
- ☐ 0.8 teaspoon vanilla
- ☐ 1 large eggs whole

- ☐ 0.3 cup milk whole
- ☐ 1 large egg yolk

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ Put oven rack in upper third of oven and preheat to 375°F. Generously butter muffin pans.
- ☐ Melt butter in a small saucepan over moderately low heat, then remove from heat.
- ☐ Whisk in milk, then whisk in whole egg, yolk, and vanilla until combined well.
- ☐ Whisk together flour, sugar, baking powder, and salt in a bowl, then add milk mixture and stir until just combined. Fold in blueberries gently but thoroughly.
- ☐ Divide batter among 12 muffin cups, spreading evenly.
- ☐ Rub together all topping ingredients in a bowl with your fingertips until crumbly, then sprinkle evenly over batter in cups.
- ☐ Bake until golden and crisp and a wooden pick or skewer inserted diagonally into center of a muffin comes out clean, 18 to 20 minutes.
- ☐ Cool in pans on a rack 15 minutes, then run a knife around edge of each muffin top and carefully remove from cups.
- ☐ Serve warm or at room temperature.
- ☐ *Available at cookware shops and [cooking.com](https://www.cooking.com).

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:2.9708695619003%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg Peonidin: 5.75mg, Peonidin: 5.75mg, Peonidin: 5.75mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 89.26kcal (4.46%), Fat: 3.98g (6.13%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.32g (4.12%), Sugar: 6.71g (7.46%), Cholesterol: 39.14mg (13.05%), Sodium: 208.34mg (9.06%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 1.75g (3.5%), Manganese: 0.13mg (6.71%), Selenium: 4.05µg (5.79%), Vitamin K: 5.77µg (5.5%), Calcium: 45.35mg (4.54%), Vitamin B2: 0.08mg (4.43%), Phosphorus: 41.46mg (4.15%), Vitamin B1: 0.06mg (3.97%), Folate: 15.36µg (3.84%), Vitamin C: 2.75mg (3.33%), Fiber: 0.82g (3.29%), Vitamin A: 156.68IU (3.13%), Iron: 0.49mg (2.73%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.19mg (1.93%), Vitamin D: 0.29µg (1.91%), Vitamin B12: 0.11µg (1.79%), Vitamin B6: 0.03mg (1.67%), Copper: 0.03mg (1.45%), Zinc: 0.2mg (1.33%), Potassium: 46.27mg (1.32%), Magnesium: 4.47mg (1.12%)