



Blueberry Muffins



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup blueberries fresh thawed drained (and)
- ☐ 1 eggs
- ☐ 0.7 cup milk
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

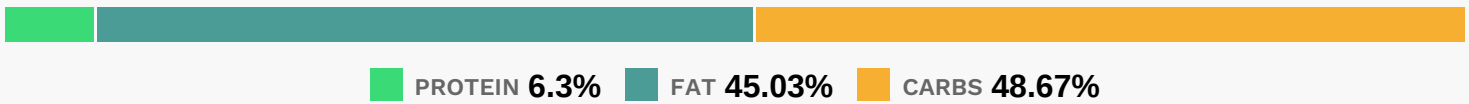
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- ☐ Stir all ingredients except blueberries just until moistened. Gently stir in blueberries. Divide batter evenly among cups.
- ☐ Bake 13 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:1.3526086781336%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 60.08kcal (3%), Fat: 3.1g (4.77%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.31g (2.66%), Sugar: 7.13g (7.92%), Cholesterol: 15.27mg (5.09%), Sodium: 10.51mg (0.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 6.01µg (5.72%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 22.06mg (2.21%), Selenium: 1.43µg (2.04%), Calcium: 19.34mg (1.93%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.76%), Manganese: 0.03mg (1.64%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.12mg (1.18%), Vitamin C: 0.9mg (1.09%)