

Blueberry Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp bicarbonate of soda
- ☐ 250 g blueberries
- ☐ 375 ml buttermilk
- ☐ 1 large eggs
- ☐ 360 g flour plain
- ☐ 1 tsp salt
- ☐ 370 g caster sugar

- ☐ 70 g butter unsalted melted
- ☐ 0.5 tsp vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Preheat oven to 170c/325f, gas mark 3.Line a 12-hole muffin tin with paper cases.
- ☐ Put the flour, sugar, salt, baking powder and bicarbonate of soda in an electric mixer with the paddle attachment or in a large bowl and use an electric blender or a hand whisk and beat.
- ☐ Pour in the buttermilk, egg and vanilla extract into a jug and mix to combine. Slowly pour into the flour mixture and beat until all the ingredients are incorporated.
- ☐ Pour in the melted butter and beat until the butter is just incorporated, then beat until the batter is even and smooth.Finally, gently fold in the blueberries with a wooden spoon until evenly dispersed.Spoon the mixture into the paper cases until two-thirds full and bake in the pre-heated oven for 20-25 minutes, or until golden brown and the sponge bounces back when touched. A skewer inserted in the centre should come out clean. Leave the muffins to cool slightly in the tray before turning out onto a wire cooling rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:39.67, Inflammation Score:-4, Nutrition Score:6.7695652609286%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Petunidin: 6.57mg, Petunidin: 6.57mg, Petunidin: 6.57mg, Petunidin: 6.57mg Delphinidin: 7.38mg, Delphinidin: 7.38mg, Delphinidin: 7.38mg, Delphinidin: 7.38mg Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg Peonidin: 4.23mg, Peonidin: 4.23mg, Peonidin: 4.23mg, Peonidin: 4.23mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 307.93kcal (15.4%), Fat: 6.64g (10.21%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 57.02g (20.74%), Sugar: 34.52g (38.35%), Cholesterol: 31.53mg (10.51%), Sodium: 327.84mg (14.25%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.85g (9.69%), Selenium: 12.89µg (18.41%), Vitamin B1: 0.26mg (17.34%), Folate: 59.87µg (14.97%), Vitamin B2: 0.24mg (14.02%), Manganese: 0.28mg (13.97%), Vitamin B3: 1.89mg (9.47%), Iron: 1.59mg (8.85%), Phosphorus: 79.9mg (7.99%), Calcium: 68.91mg (6.89%), Fiber: 1.31g (5.24%), Vitamin A: 231.83IU (4.64%), Vitamin K: 4.63µg (4.41%), Vitamin D: 0.58µg (3.89%), Vitamin B5: 0.35mg (3.48%), Copper: 0.07mg (3.47%), Vitamin B12: 0.19µg (3.21%), Magnesium: 11.77mg (2.94%), Zinc: 0.43mg (2.84%), Potassium: 99.08mg (2.83%), Vitamin C: 2.02mg (2.45%), Vitamin E: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.14%)