

Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh thawed drained
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup milk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons measures-like-sugar" calorie-free sweetener
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

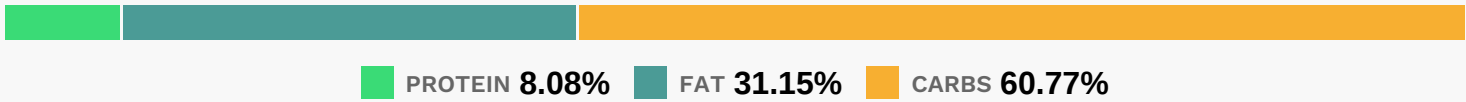
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a medium bowl; add blueberries, and toss to coat. Make a well in center of flour mixture.
- ☐ Combine milk and next 5 ingredients; add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray, filling two-thirds full.
- ☐ Bake at 400 for 20 to 25 minutes or until golden.
- ☐ Remove muffins from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:15.27, Inflammation Score:-2, Nutrition Score:4.6417391300201%

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 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,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 149.57kcal (7.48%), Fat: 5.2g (8%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 22.81g (7.6%), Net
Carbohydrates: 21.97g (7.99%), Sugar: 8.1g (9%), Cholesterol: 15.96mg (5.32%), Sodium: 131.97mg (5.74%), Alcohol:
0.11g (100%), Alcohol %: 0.23% (100%), Protein: 3.03g (6.07%), Selenium: 7.82µg (11.17%), Vitamin B1: 0.16mg
(10.55%), Vitamin K: 10.8µg (10.29%), Folate: 36.47µg (9.12%), Manganese: 0.17mg (8.55%), Vitamin B2: 0.14mg (8%),
Calcium: 66.36mg (6.64%), Phosphorus: 60.58mg (6.06%), Iron: 1.04mg (5.78%), Vitamin B3: 1.15mg (5.77%), Fiber:
0.84g (3.37%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.13µg (2.1%), Vitamin C: 1.67mg
(2.03%), Copper: 0.04mg (1.91%), Magnesium: 7.48mg (1.87%), Zinc: 0.27mg (1.82%), Potassium: 62.57mg (1.79%),
Vitamin D: 0.25µg (1.68%), Vitamin B6: 0.03mg (1.56%), Vitamin A: 61.63IU (1.23%)