



## Blueberry Muffins



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.5 cups flour for dusting all-purpose
- ☐ 1 tablespoon double-acting baking powder (make sure your baking powder is still good! click to see how)
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter melted (1 stick)
- ☐ 1 cup sugar
- ☐ 2 large eggs
- ☐ 1.5 cup cup heavy whipping cream plain sour

- ☐ 2 tablespoons milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups blueberries fresh (see Recipe Note)

## Equipment

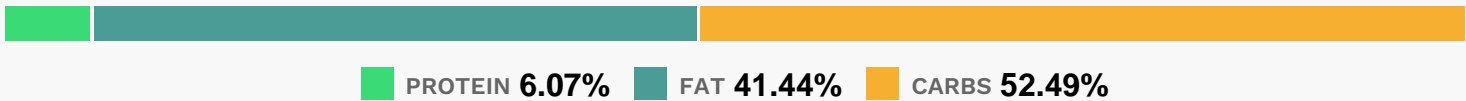
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ skewers
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat the oven and prep the muffin tin: Preheat your oven to 400°F with a rack in the lower middle. Using a standard 12-well muffin pan, place a muffin liner in each well, or if you don't have muffin liners, grease the inside of the muffin pan wells with vegetable oil or butter.
- ☐ Place the blueberries in a bowl.
- ☐ Sprinkle 1 tablespoon of flour over them and gently toss to coat. (The flour will help keep the blueberries from sinking in the muffin as it cooks.)
- ☐ Mix the dry ingredients: In a mixing bowl, whisk together the dry ingredients—the flour, baking soda, baking powder, and salt.
- ☐ Mix the wet ingredients separately: In a large mixing bowl, place the sour cream, sugar, eggs, milk, melted butter, lemon zest, and vanilla (the wet ingredients).
- ☐ Whisk together until smooth.
- ☐ Make the batter:
- ☐ Add the dry ingredients to the butter/sugar/egg mixture a third at a time and mix until just incorporated. Do not over mix!

- ☐
- Gently fold the blueberries into the mixture.
- ☐
- Portion out the muffins: Distribute the dough equally among the cups. You'll need to fill them very high to use all of the batter in 12 muffins, which is fine. They won't spill. If you still have too much dough, start filling another tin.
- ☐
- Place the muffins in the oven and bake at 400°F until the muffins are golden brown, about 20 minutes. (If the muffins are getting too brown, tent with foil.) Test with a bamboo skewer to make sure the centers of the muffins are done.
- ☐
- Let the muffins cool in the muffin pan for 2 to 3 minutes, then remove them from the pan.
- ☐
- Let cool another 10 minutes before eating.

## Nutrition Facts



## Properties

Glycemic Index:30.42, Glycemic Load:27.21, Inflammation Score:-4, Nutrition Score:6.797391259152%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 308.33kcal (15.42%), Fat: 14.39g (22.14%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 39.85g (14.49%), Sugar: 19.73g (21.92%), Cholesterol: 68.33mg (22.78%), Sodium: 331.12mg (14.4%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.74g (9.49%), Selenium: 12.71µg (18.16%), Vitamin B1: 0.22mg (14.82%), Vitamin B2: 0.23mg (13.7%), Folate: 54.71µg (13.68%), Manganese: 0.25mg (12.36%), Calcium: 103.28mg (10.33%), Phosphorus: 95.41mg (9.54%), Vitamin A: 471.48IU (9.43%), Iron: 1.55mg (8.61%), Vitamin B3: 1.66mg (8.28%), Fiber: 1.17g (4.67%), Vitamin K: 4.77µg (4.54%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.54mg (3.57%), Copper: 0.06mg (3.05%), Zinc: 0.44mg (2.9%), Magnesium: 11.54mg (2.88%), Potassium: 96.85mg (2.77%), Vitamin C: 2.27mg (2.75%), Vitamin B12: 0.16µg (2.73%), Vitamin B6: 0.05mg (2.46%), Vitamin D: 0.19µg (1.29%)