

Blueberry Muffins II



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

18

CALORIES

calories

127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 cups blueberries fresh
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

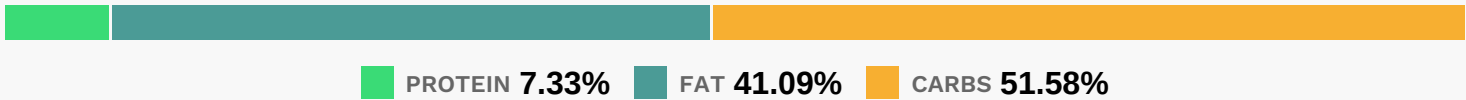
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour muffin pans or use paper liners.
- ☐ In a large bowl, cream butter and 1 1/4 cup sugar until light and fluffy.
- ☐ Add eggs one at a time and mix in.
- ☐ Mix flour, baking powder and salt.
- ☐ Add flour mixture, alternating with milk. Mash 1/2 cup berries and stir into batter. Fold in remaining berries.
- ☐ Fill muffin cups and sprinkle with the remaining 1/4 cup of sugar.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 minutes.
- ☐ Remove from oven and wait 20 minutes to remove from pans.

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:10.78, Inflammation Score:-3, Nutrition Score:3.6386956650278%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Petunidin: 6.48mg, Petunidin: 6.48mg, Petunidin: 6.48mg, Petunidin: 6.48mg Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg Malvidin: 13.89mg, Malvidin: 13.89mg, Malvidin: 13.89mg, Malvidin: 13.89mg Peonidin: 4.17mg, Peonidin: 4.17mg, Peonidin: 4.17mg, Peonidin: 4.17mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg 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: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Kaempferol: 0.34mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 127.44kcal (6.37%), Fat: 5.9g (9.08%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 15.8g (5.74%), Sugar: 5.04g (5.6%), Cholesterol: 32.15mg (10.72%), Sodium: 160.99mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Selenium: 6.37µg (9.11%), Manganese: 0.17mg (8.28%), Vitamin B1: 0.12mg (8.05%), Folate: 29.14µg (7.28%), Vitamin B2: 0.11mg (6.28%), Iron: 0.84mg (4.67%), Vitamin B3: 0.92mg (4.58%), Vitamin K: 4.48µg (4.26%), Phosphorus: 41.82mg (4.18%), Vitamin A: 200.57IU (4.01%), Calcium: 37.92mg (3.79%), Fiber: 0.87g (3.48%), Vitamin C: 1.99mg (2.42%), Vitamin E: 0.32mg (2.17%), Vitamin B5: 0.18mg (1.81%), Copper: 0.04mg (1.78%), Zinc: 0.21mg (1.42%), Magnesium: 5.53mg (1.38%), Vitamin B6: 0.03mg (1.37%), Potassium: 44.19mg (1.26%), Vitamin B12: 0.07µg (1.21%)