



Blueberry Muffins II

READY IN



30 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 1 egg white
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup sugar white

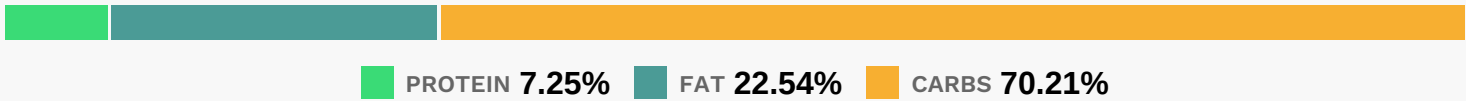
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Use vegetable oil spray to grease 12-cup muffin tin. Set aside.
- ☐ Mix 1/4 cup of the flour with the blueberries. Set aside. Beat egg white and 1 tablespoon oil lightly in bowl. Stir in milk and melted margarine or oil.
- ☐ In separate bowl, mix together flour, baking powder, salt, and sugar. Sift dry ingredient mixture over egg white mixture. Stir just long enough to moisten flour. The batter will look lumpy. DO NOT OVERMIX. Fold in blueberries. Fill each tin two-thirds full with batter.
- ☐ Bake in preheated oven 20-25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:15.38, Inflammation Score:-2, Nutrition Score:3.5108695704004%

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, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 127.91kcal (6.4%), Fat: 3.24g (4.99%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.02g (8.01%), Sugar: 10.12g (11.25%), Cholesterol: 0.31mg (0.1%), Sodium: 149.97mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin B1: 0.13mg (8.88%), Selenium: 6.06µg (8.66%), Manganese: 0.15mg (7.46%), Folate: 29.66µg (7.42%), Vitamin B2: 0.11mg (6.41%), Calcium: 56.72mg (5.67%), Vitamin B3: 0.99mg (4.95%), Iron: 0.84mg (4.67%), Phosphorus: 44.8mg (4.48%), Vitamin K: 4.51µg (4.3%), Fiber: 0.72g (2.88%), Vitamin A: 110.95IU (2.22%), Vitamin E: 0.24mg (1.63%), Copper: 0.03mg (1.55%), Magnesium: 5.93mg (1.48%), Vitamin C: 1.2mg (1.46%), Potassium: 48.63mg (1.39%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.18mg (1.18%), Vitamin B12: 0.06µg (1.06%)