



Blueberry Muffins on Steroids

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup blueberries fresh
- 2 tablespoons canola oil
- 2 egg whites lightly beaten
- 1 cup vanilla yogurt fat-free
- 1 teaspoon ground allspice
- 2 teaspoons ground cinnamon
- 2 tablespoons honey

- 1 cup multi-grain cereal with flaxseed (such as hodgson mill multi grain with flaxseed hot cereal®) hot
- 1 cup oat bran
- 1 cup oat flour
- 1 cup skim milk
- 2 teaspoons vanilla extract
- 1 cup flour whole wheat

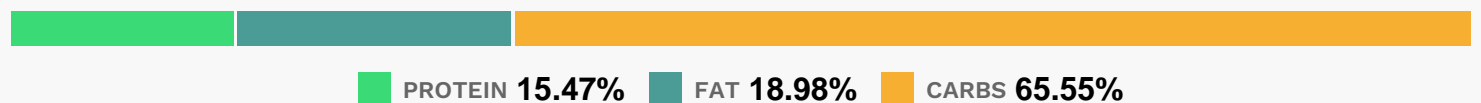
Equipment

- bowl
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a muffin tin with paper liners.
- Mix oat flour, whole wheat flour, oat bran, hot cereal, cinnamon, allspice, and baking powder together in a bowl.
- Combine yogurt, milk, egg whites, canola oil, honey, and vanilla extract together in a separate bowl.
- Add yogurt mixture to flour mixture; stir to combine. Fold blueberries and pecans into batter. Spoon batter into prepared muffin cups.
- Bake muffins in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:10.4, Inflammation Score:-4, Nutrition Score:13.951304306155%

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: 219.67kcal (10.98%), Fat: 5.02g (7.73%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 34.08g (12.39%), Sugar: 10.27g (11.42%), Cholesterol: 1.02mg (0.34%), Sodium: 155.55mg (6.76%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 9.21g (18.42%), Manganese: 1.91mg (95.49%), Selenium: 21.88µg (31.25%), Phosphorus: 252.35mg (25.24%), Vitamin B1: 0.34mg (22.54%), Fiber: 4.96g (19.84%), Magnesium: 74.25mg (18.56%), Calcium: 130.22mg (13.02%), Iron: 1.95mg (10.83%), Vitamin B2: 0.18mg (10.38%), Zinc: 1.52mg (10.12%), Copper: 0.18mg (9.21%), Vitamin B3: 1.73mg (8.64%), Potassium: 276.69mg (7.91%), Vitamin B6: 0.14mg (7.04%), Vitamin K: 6.74µg (6.42%), Folate: 24.42µg (6.1%), Vitamin E: 0.85mg (5.65%), Vitamin B5: 0.47mg (4.67%), Vitamin B12: 0.22µg (3.65%), Vitamin C: 1.43mg (1.74%), Vitamin D: 0.22µg (1.5%), Vitamin A: 54.13IU (1.08%)