



HEALTH SCORE

61%

Blueberry Muffins with Lemon-Cream Cheese Glaze



Vegetarian



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



3816 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups blueberries frozen
- ☐ 0.5 cup butter melted
- ☐ 1 serving lemon-cream cheese glaze
- ☐ 3 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 3.5 cups flour all-purpose

- ☐ 1 serving lemon zest
- ☐ 1.5 cups milk
- ☐ 1.5 teaspoons salt
- ☐ 1 cup sugar

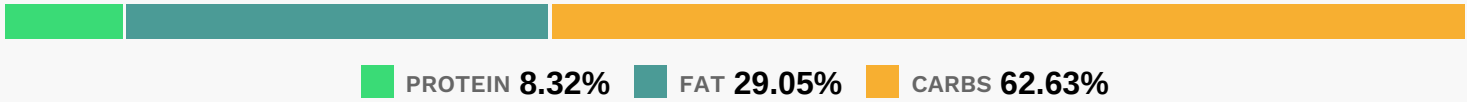
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 4 ingredients.
- ☐ Whisk together eggs and next 2 ingredients; add to flour mixture, stirring just until dry ingredients are moistened. Toss blueberries with 1 Tbsp. flour, and gently fold into batter. Spoon mixture into 1 1/2 lightly greased 12-cup muffin pans, filling three-fourths full.
- ☐ Bake at 450 for 14 to 15 minutes or until lightly browned and a wooden pick inserted into center comes out clean. Immediately remove from pans to wire racks, and let cool 10 minutes.
- ☐ Meanwhile, prepare Lemon-Cream Cheese Glaze.
- ☐ Drizzle over warm muffins.
- ☐ Garnish, if desired.
- ☐ *Fresh blueberries may be substituted.

Nutrition Facts



Properties

Glycemic Index:467.09, Glycemic Load:409.2, Inflammation Score:-10, Nutrition Score:69.496956700864%

Flavonoids

Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg

104.87mg, Delphinidin: 104.87mg Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 3816.37kcal (190.82%), Fat: 124.35g (191.3%), Saturated Fat: 70.82g (442.6%), Carbohydrates: 603.35g (201.12%), Net Carbohydrates: 584.19g (212.43%), Sugar: 248.56g (276.17%), Cholesterol: 846.96mg (282.32%), Sodium: 5859.12mg (254.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.09g (160.19%), Selenium: 206.61µg (295.16%), Vitamin B1: 3.87mg (258.25%), Folate: 906.13µg (226.53%), Vitamin B2: 3.59mg (211.13%), Manganese: 4.1mg (205.23%), Phosphorus: 1474.03mg (147.4%), Iron: 25.58mg (142.11%), Vitamin B3: 28.06mg (140.28%), Calcium: 1356.45mg (135.64%), Vitamin A: 4412.66IU (88.25%), Fiber: 19.16g (76.66%), Vitamin K: 67.98µg (64.74%), Vitamin B5: 6.11mg (61.12%), Vitamin B12: 3.51µg (58.44%), Zinc: 7.16mg (47.75%), Copper: 0.94mg (46.97%), Vitamin D: 7.03µg (46.84%), Magnesium: 183.3mg (45.83%), Potassium: 1496.07mg (42.74%), Vitamin E: 6.35mg (42.36%), Vitamin B6: 0.83mg (41.61%), Vitamin C: 28.97mg (35.12%)