



Blueberry Muffins with Streusel Topping

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup blueberries fresh
- 1.5 tablespoons butter
- 1 large eggs lightly beaten
- 1 tablespoon flour all-purpose
- 1.3 cups flour all-purpose
- 2.5 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon

- 1 teaspoon lemon rind, grated
- 0.8 cup milk
- 0.8 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar
- 1 tablespoon sugar
- 0.3 cup vegetable oil

Equipment

- bowl
- oven
- blender
- muffin liners

Directions

- Preheat oven to 400.
- Combine 1/4 cup sugar, 2 1/2 tablespoons flour, and cinnamon in a bowl; cut in butter with a pastry blender or fingertips until mixture is crumbly. Set aside.
- Combine 1 1/4 cups flour and next 5 ingredients in a medium bowl until well blended; make a well in center of mixture.
- Combine egg, milk, and oil; add to cornmeal mixture, stirring just until moistened.
- Combine blueberries, 1 tablespoon flour, and 1 tablespoon sugar, tossing gently to coat. Fold blueberry mixture into batter. Spoon batter evenly into 10 (2 1/2-inch) muffin cups coated with cooking spray; sprinkle cinnamon mixture over batter.
- Bake muffins at 400 for 20 minutes or until lightly browned and muffins spring back when touched lightly in center.
- Remove from pans immediately.

Nutrition Facts



■ PROTEIN 5.42% ■ FAT 38.7% ■ CARBS 55.88%

Properties

Glycemic Index:66.03, Glycemic Load:22.73, Inflammation Score:-2, Nutrition Score:5.4452174383661%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 235.51kcal (11.78%), Fat: 10.31g (15.86%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 32.61g (11.86%), Sugar: 18.6g (20.67%), Cholesterol: 25.31mg (8.44%), Sodium: 329.86mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin K: 16.51µg (15.72%), Selenium: 8.21µg (11.73%), Vitamin B1: 0.16mg (10.75%), Calcium: 100.99mg (10.1%), Manganese: 0.19mg (9.31%), Folate: 36.73µg (9.18%), Vitamin B2: 0.15mg (8.72%), Phosphorus: 76.72mg (7.67%), Iron: 1.13mg (6.25%), Vitamin B3: 1.16mg (5.82%), Vitamin E: 0.8mg (5.35%), Fiber: 0.9g (3.59%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.15µg (2.45%), Vitamin A: 117.36IU (2.35%), Vitamin C: 1.7mg (2.06%), Magnesium: 8.13mg (2.03%), Vitamin D: 0.3µg (2.01%), Copper: 0.04mg (2.01%), Zinc: 0.3mg (1.98%), Potassium: 66.91mg (1.91%), Vitamin B6: 0.04mg (1.79%)