



## Blueberry 'n Oats Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 1.3 cups blueberries fresh thaw (do not )
- 0.5 cup brown sugar packed
- 1 teaspoon cinnamon
- 1 eggs beaten
- 6 oz vanilla yogurt french yoplait®
- 1.3 cup flour all-purpose gold medal®
- 1 cup oats

- 0.3 teaspoon salt
- 12 servings sugar
- 0.3 cup vegetable oil

## Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 400°F.
- Place paper baking cups in 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- In large bowl, mix yogurt and oats. Stir in egg, oil and brown sugar. Stir in flour, baking soda, cinnamon and salt (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.
- Sprinkle with sugar.
- Bake 18 to 20 min or until golden brown. Immediately remove from pan.
- Serve warm.

## Nutrition Facts



**PROTEIN 6.23%** **FAT 21.98%** **CARBS 71.79%**

## Properties

Glycemic Index:21.26, Glycemic Load:19.38, Inflammation Score:-2, Nutrition Score:5.6765217418256%

## Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin:

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## **Nutrients (% of daily need)**

Calories: 224.71kcal (11.24%), Fat: 5.61g (8.63%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 39.77g (14.46%), Sugar: 25.25g (28.05%), Cholesterol: 13.92mg (4.64%), Sodium: 156.41mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Manganese: 0.48mg (23.93%), Selenium: 9.19µg (13.12%), Vitamin K: 11.8µg (11.24%), Vitamin B1: 0.16mg (10.56%), Folate: 31.6µg (7.9%), Vitamin B2: 0.13mg (7.51%), Phosphorus: 72.4mg (7.24%), Iron: 1.16mg (6.45%), Magnesium: 25.72mg (6.43%), Fiber: 1.47g (5.87%), Vitamin B3: 0.97mg (4.85%), Calcium: 39.21mg (3.92%), Vitamin E: 0.57mg (3.77%), Zinc: 0.5mg (3.32%), Copper: 0.06mg (3.19%), Potassium: 96.64mg (2.76%), Vitamin B5: 0.2mg (1.97%), Vitamin C: 1.6mg (1.94%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.65%)