



WHATSheATE



Blueberry Nut Muffins



Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnuts chopped

☐ 3 tablespoons sugar white

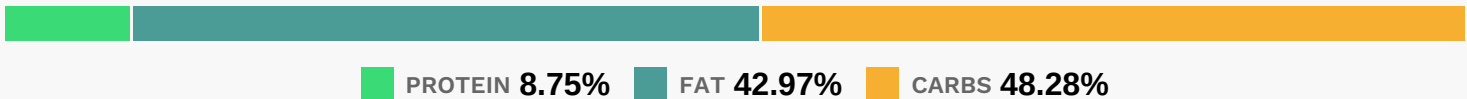
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C). Grease 12 muffin cups.
- ☐ Stir the flour, sugar, baking powder, and salt together in a large bowl. Beat the egg, milk, and oil together in a separate bowl. Make a well in the center of the flour mixture; pour the egg mixture into the well, and stir until the flour mixture is just moistened. Be sure to not over-mix. Fold the blueberries and walnuts into the batter. Spoon the batter into the prepared muffin cups to about 3/4 full.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:14.96, Inflammation Score:-3, Nutrition Score:6.3834783201632%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg 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

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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 184.59kcal (9.23%), Fat: 8.97g (13.81%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 21.5g (7.82%), Sugar: 5.4g (6%), Cholesterol: 16.08mg (5.36%), Sodium: 251.83mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Manganese: 0.35mg (17.62%), Vitamin B1: 0.2mg (13.17%), Selenium: 8.85µg (12.64%), Calcium: 114.14mg (11.41%), Folate: 45.37µg (11.34%), Vitamin K: 11µg (10.47%), Phosphorus: 97.86mg (9.79%), Vitamin B2: 0.16mg (9.45%), Iron: 1.36mg (7.54%), Vitamin B3: 1.36mg (6.8%), Copper: 0.12mg (5.89%), Fiber: 1.19g (4.75%), Magnesium: 16.27mg (4.07%), Vitamin E: 0.54mg (3.58%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.27mg (2.66%), Potassium: 89.19mg (2.55%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (1.98%), Vitamin C: 1.26mg (1.53%), Vitamin A: 60.38IU (1.21%)