



Blueberry Oat Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup cooking oats quick

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2 teaspoons sugar white

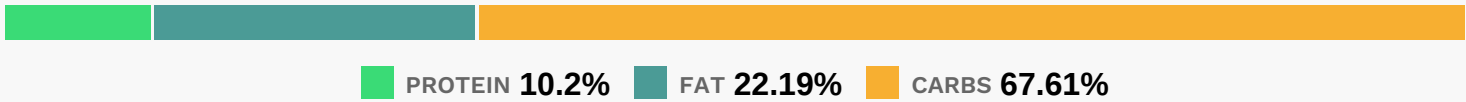
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 12 cup muffin pan. In a small bowl, mix the oats and orange juice together. Set aside.
- ☐ In a medium bowl, mix flour, 1/2 cup sugar, baking powder, salt, and baking soda. Thoroughly blend in the oil and egg. Stir in the oat mixture, and fold in blueberries. Spoon batter into the prepared muffin cups.
- ☐ Mix 2 teaspoons sugar and cinnamon in a small bowl, and sprinkle evenly over the tops of the muffins.
- ☐ Bake 18 to 20 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:11.63, Inflammation Score:-3, Nutrition Score:4.6026087273722%

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 Eriodictyol: 0.02mg,
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin:
1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg
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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg
Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105.28kcal (5.26%), Fat: 2.61g (4.02%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 17.93g (5.98%), Net
Carbohydrates: 16.85g (6.13%), Sugar: 2.87g (3.18%), Cholesterol: 13.64mg (4.55%), Sodium: 169.72mg (7.38%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Manganese: 0.3mg (15.17%), Selenium: 7.6µg
(10.86%), Vitamin B1: 0.16mg (10.42%), Folate: 35.24µg (8.81%), Vitamin C: 6.36mg (7.71%), Vitamin B2: 0.11mg
(6.25%), Iron: 1.05mg (5.84%), Vitamin K: 5.91µg (5.63%), Vitamin B3: 1.05mg (5.23%), Phosphorus: 52mg (5.2%),
Fiber: 1.08g (4.32%), Magnesium: 15.02mg (3.75%), Calcium: 32.83mg (3.28%), Copper: 0.05mg (2.48%), Vitamin E:
0.3mg (1.97%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.18mg (1.84%), Potassium: 64.33mg (1.84%), Vitamin B6: 0.03mg
(1.35%)