



Blueberry-Oat Muffins



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup milk
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs
- ☐ 0.5 cup oats
- ☐ 1 cup blueberries fresh frozen organic cascadian farm®
- ☐ 2 cups frangelico

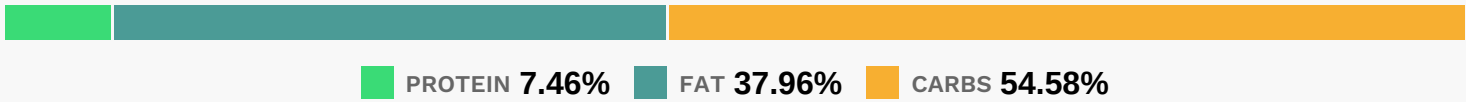
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups.
- ☐ In large bowl, mix milk, brown sugar, oil and egg. Stir in Bisquick mix and oats just until moistened. Fold in blueberries. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:2.3747825726219%

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 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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, 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: 76.2kcal (3.81%), Fat: 3.32g (5.11%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.13g (3.68%), Sugar: 7.87g (8.74%), Cholesterol: 15.27mg (5.09%), Sodium: 12.29mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Manganese: 0.19mg (9.61%), Vitamin K: 6.71µg (6.39%), Phosphorus: 38.15mg (3.81%), Selenium: 2.62µg (3.74%), Magnesium: 12.48mg (3.12%), Vitamin B2: 0.04mg (2.62%), Calcium: 26.13mg (2.61%), Fiber: 0.61g (2.45%), Vitamin E: 0.32mg (2.16%), Vitamin B1: 0.03mg (2.12%),

Vitamin B12: 0.11µg (1.76%), Iron: 0.3mg (1.66%), Potassium: 55.11mg (1.57%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.54%), Vitamin D: 0.22µg (1.48%), Vitamin C: 1.2mg (1.45%), Vitamin B6: 0.03mg (1.34%), Copper: 0.03mg (1.26%)