



Blueberry Oat Streusel Muffins

READY IN



20 min.

SERVINGS



20

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons almonds chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups blueberries fresh thawed
- ☐ 3 tablespoons brown sugar
- ☐ 1 eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons lemon rind grated

- ☐ 1 tablespoon butter reduced-calorie
- ☐ 0.8 cup nonfat buttermilk
- ☐ 0.3 cup regular oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Add first 3 ingredients; process 5 seconds or until mixture resembles fine meal.
- ☐ Add margarine, and pulse 5 times or until mixture resembles coarse meal.
- ☐ Transfer to a small bowl, and stir in chopped almonds. Set aside.
- ☐ Combine 2 cups flour and next 5 ingredients in a large bowl.
- ☐ Add blueberries; toss gently to combine. Make a well in center of mixture.
- ☐ Combine buttermilk, oil, and egg; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Sprinkle evenly with oat mixture.
- ☐ Bake at 400 for 15 to 20 minutes or until muffins are golden.
- ☐ Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:11.56, Inflammation Score:-2, Nutrition Score:3.503478280876%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.14kcal (6.31%), Fat: 4.26g (6.56%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 19.06g (6.93%), Sugar: 8.39g (9.33%), Cholesterol: 8.36mg (2.79%), Sodium: 104.06mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 0.2mg (9.95%), Selenium: 5.54µg (7.91%), Vitamin B1: 0.11mg (7.63%), Vitamin K: 7.23µg (6.88%), Folate: 26.18µg (6.55%), Vitamin B2: 0.09mg (5.47%), Iron: 0.82mg (4.57%), Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.6mg (4.01%), Phosphorus: 38.96mg (3.9%), Fiber: 0.9g (3.59%), Calcium: 33.92mg (3.39%), Copper: 0.04mg (2.17%), Magnesium: 8.65mg (2.16%), Vitamin C: 1.44mg (1.75%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.27%), Potassium: 40.78mg (1.17%)