



Blueberry-Oatmeal Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp baking soda
- ☐ 1 cup blueberries fresh thaw (do not)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 1 egg whites slightly beaten
- ☐ 0.7 cup flour all-purpose gold medal®
- ☐ 1 tsp ground cinnamon
- ☐ 1 cup oats

- ☐ 0.3 tsp salt
- ☐ 1 cup vanilla yogurt plain fat free 99% yoplait® (from 2-lb container)
- ☐ 0.7 cup flour whole wheat

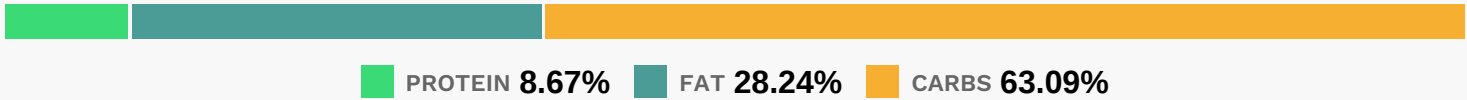
Equipment

- ☐ 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 small bowl, mix yogurt and oats. In large bowl, mix egg, oil and brown sugar. Stir in flours, baking soda, cinnamon, salt and yogurt mixture (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.
- ☐ Bake 18–20 min or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:7.02, Inflammation Score:-2, Nutrition Score:6.3004348316918%

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,

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Nutrients (% of daily need)

Calories: 175.32kcal (8.77%), Fat: 5.67g (8.72%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 26.55g (9.65%), Sugar: 13.1g (14.56%), Cholesterol: 1.02mg (0.34%), Sodium: 174.14mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Manganese: 0.7mg (34.77%), Selenium: 10.4µg (14.86%), Phosphorus: 92.17mg (9.22%), Vitamin B1: 0.14mg (9.18%), Magnesium: 34.14mg (8.54%), Fiber: 1.95g (7.79%), Vitamin E: 0.99mg (6.63%), Vitamin B2: 0.11mg (6.5%), Vitamin K: 6.16µg (5.87%), Iron: 1.01mg (5.61%), Folate: 20.99µg (5.25%), Calcium: 52.12mg (5.21%), Vitamin B3: 0.88mg (4.42%), Zinc: 0.63mg (4.23%), Copper: 0.08mg (3.88%), Potassium: 127.24mg (3.64%), Vitamin B6: 0.06mg (2.84%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.11µg (1.84%), Vitamin C: 1.37mg (1.66%)