



Blueberry Oatmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups blueberries frozen
- 0.3 cup canola oil
- 2 large eggs
- 1.5 cups nonfat buttermilk fat-free
- 2 tablespoons flour all-purpose
- 3 ounces flour all-purpose

- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons lemon zest grated
- 0.8 cup brown sugar light packed
- 1.7 cups oats
- 0.8 teaspoon salt
- 2.3 ounces flour whole wheat

Equipment

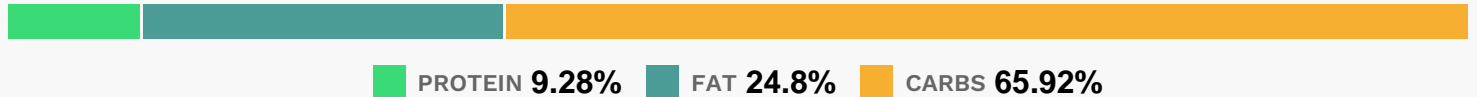
- food processor
- bowl
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- Place oats in a food processor; pulse 5 to 6 times until oats resemble coarse meal.
- Place in a large bowl.
- Lightly spoon flours into dry measuring cups; level with a knife.
- Add flours and next 5 ingredients (through salt) to oats in bowl; stir well with a whisk. Make a well in center of mixture.
- Combine buttermilk, oil, rind, and eggs in small bowl; stir well with a whisk.
- Add to flour mixture, stirring just until moist.
- Toss berries with 2 tablespoons flour, and gently fold them into the batter.

- Spoon batter into 16 muffin cups coated with cooking spray; sprinkle batter with 2 tablespoons granulated sugar.
- Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- Remove from pans immediately.
- Place on a wire rack.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:8.69, Inflammation Score:-3, Nutrition Score:5.9860869853393%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.83kcal (8.64%), Fat: 4.91g (7.55%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.35g (9.94%), Sugar: 14.64g (16.27%), Cholesterol: 23.69mg (7.9%), Sodium: 236.78mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.69mg (34.43%), Selenium: 9.63µg (13.75%), Vitamin B1: 0.13mg (8.33%), Magnesium: 32.89mg (8.22%), Phosphorus: 80.87mg (8.09%), Fiber: 2.01g (8.04%), Vitamin K: 6.53µg (6.22%), Iron: 1.12mg (6.21%), Vitamin E: 0.88mg (5.88%), Folate: 20.16µg (5.04%), Vitamin B2: 0.08mg (4.98%), Calcium: 39.98mg (4%), Copper: 0.08mg (3.92%), Vitamin B3: 0.74mg (3.71%), Zinc: 0.54mg (3.6%), Vitamin C: 2.39mg (2.9%), Vitamin B6: 0.05mg (2.67%), Potassium: 90.1mg (2.57%), Vitamin B5: 0.25mg (2.46%)