



Blueberry Oatmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



172 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
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons granulated sugar

- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups buttermilk low-fat
- ☐ 1.7 cups quick-cooking oats
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup flour whole-wheat

Equipment

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

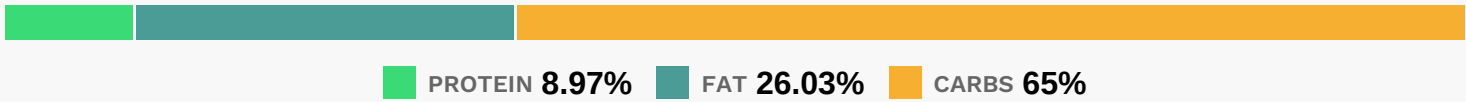
Directions

- ☐ Preheat oven to 40
- ☐ Place oats in a food processor; pulse 5 to 6 times or until oats resemble coarse meal.
- ☐ Place in a large bowl.
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add flours and next 5 ingredients (through salt) to oats; stir well. Make a well in center of mixture.
- ☐ Combine buttermilk and next 3 ingredients (through eggs).
- ☐ Add to flour mixture; stir just until moist.
- ☐ Toss berries with 2 tablespoons flour, and gently fold into batter. Spoon batter into 16 muffin cups coated with cooking spray; sprinkle 2 tablespoons granulated sugar evenly over batter.
- ☐ Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.

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Remove from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:6.410000021043%

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: 171.71kcal (8.59%), Fat: 5.14g (7.91%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 26.91g (9.79%), Sugar: 14.61g (16.23%), Cholesterol: 24.15mg (8.05%), Sodium: 249.66mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Manganese: 0.67mg (33.63%), Selenium: 9.8µg (14%), Phosphorus: 99.41mg (9.94%), Magnesium: 34.81mg (8.7%), Vitamin B1: 0.13mg (8.66%), Fiber: 1.96g (7.86%), Vitamin B2: 0.12mg (6.95%), Calcium: 63.05mg (6.3%), Vitamin K: 6.55µg (6.23%), Iron: 1.11mg (6.17%), Vitamin E: 0.89mg (5.94%), Folate: 20.92µg (5.23%), Zinc: 0.62mg (4.16%), Copper: 0.08mg (3.96%), Vitamin B3: 0.73mg (3.64%), Potassium: 122.57mg (3.5%), Vitamin B5: 0.31mg (3.05%), Vitamin B6: 0.06mg (2.97%), Vitamin C: 2.35mg (2.85%), Vitamin B12: 0.11µg (1.75%), Vitamin A: 55.51IU (1.11%)