



Blueberry Spice Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1.3 cups blueberries fresh
- 0.3 cup butter melted
- 1 eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.8 cup milk

- 0.5 teaspoon salt
- 1 tablespoon sugar

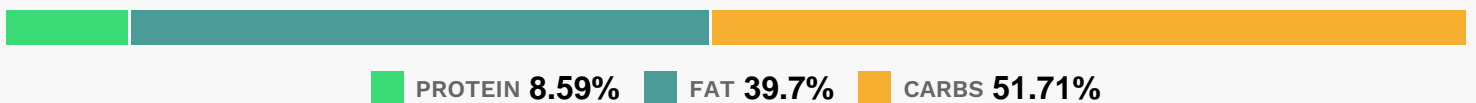
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- In a bowl, combine the dry ingredients.
- Combine egg and milk.
- Add egg mixture and butter to dry ingredients; stir just until moistened. Fold in blueberries.
- Fill greased or paper-line muffin cups two-thirds full.
- Combine the topping ingredients; sprinkle over batter.
- Bake at 400° for 16–20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:12, Inflammation Score:-3, Nutrition Score:4.4986956275028%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 139.36kcal (6.97%), Fat: 6.2g (9.54%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.27g (6.28%), Sugar: 3.35g (3.72%), Cholesterol: 29.03mg (9.68%), Sodium: 237.31mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Selenium: 7.68µg (10.98%), Vitamin B1: 0.16mg (10.62%), Manganese: 0.19mg (9.33%), Folate: 36.23µg (9.06%), Vitamin B2: 0.14mg (8.03%), Calcium: 75.51mg (7.55%), Phosphorus: 64.09mg (6.41%), Iron: 1.05mg (5.85%), Vitamin B3: 1.16mg (5.82%), Vitamin A: 210.57IU (4.21%), Fiber: 0.89g (3.58%), Vitamin K: 3.54µg (3.37%), Vitamin B5: 0.22mg (2.19%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.29mg (1.95%), Copper: 0.04mg (1.93%), Magnesium: 7.66mg (1.92%), Vitamin C: 1.5mg (1.82%), Zinc: 0.27mg (1.8%), Potassium: 61.36mg (1.75%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.59%)