



## Blueberry Streusel Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh canned drained ()
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter firm
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup flour whole wheat all-purpose
- ☐ 2 cups flour whole wheat all-purpose

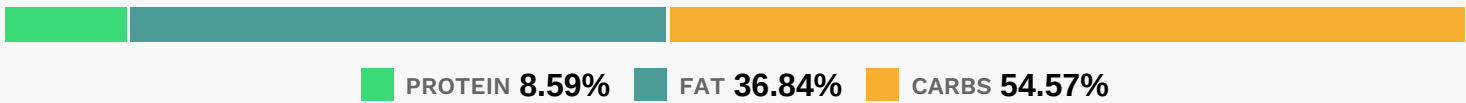
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin liners

## Directions

- ☐ Heat oven to 400F. Grease bottoms only of 12 regular-size muffin cups or line with paper baking cups. In medium bowl, mix 1/4 cup flour, the brown sugar and cinnamon.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly.
- ☐ In large bowl, beat milk, oil, vanilla and egg until well blended. Stir in 2 cups flour, the granulated sugar, baking powder and salt all at once just until flour is moistened (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.
- ☐ Sprinkle each with about 2 teaspoons streusel topping.
- ☐ Bake 20 to 25 minutes or until golden brown. Immediately remove from pan to cooling rack.
- ☐ Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:20.42, Glycemic Load:5.09, Inflammation Score:-3, Nutrition Score:8.2095651730247%

## 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, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 188kcal (9.4%), Fat: 8.04g (12.37%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 24.08g (8.76%), Sugar: 9.82g (10.91%), Cholesterol: 16.08mg (5.36%), Sodium: 239.04mg (10.39%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 4.22g (8.44%), Manganese: 0.97mg (48.39%), Selenium: 15.49µg (22.13%), Phosphorus: 132.16mg (13.22%), Fiber: 2.73g (10.91%), Vitamin K: 11.24µg (10.71%), Calcium: 97.12mg (9.71%), Magnesium: 35.01mg (8.75%), Vitamin B1: 0.13mg (8.71%), Vitamin B3: 1.2mg (5.97%), Vitamin B6: 0.12mg (5.89%), Iron: 1.04mg (5.78%), Vitamin B2: 0.09mg (5.24%), Copper: 0.1mg (5.19%), Zinc: 0.74mg (4.92%), Vitamin E: 0.72mg (4.82%), Potassium: 131.13mg (3.75%), Folate: 12.41µg (3.1%), Vitamin A: 145.01IU (2.9%), Vitamin B5: 0.29mg (2.88%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.3µg (1.98%), Vitamin C: 1.2mg (1.46%)