



Blueberry-Streusel Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups blueberries fresh
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose

- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 cup regular oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup vegetable oil

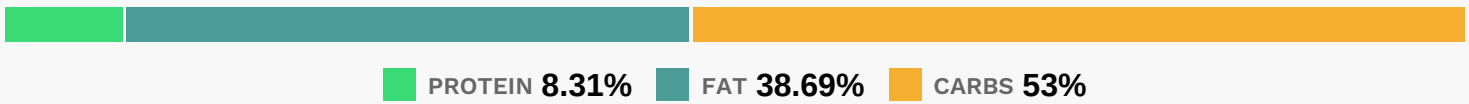
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Pulse almonds in food processor 2 or 3 times or until chopped.
- ☐ Add brown sugar and 1 tablespoon flour; process 5 seconds.
- ☐ Add butter; pulse 5 times or until mixture is crumbly. Stir in oats; set aside.
- ☐ Combine 2 cups flour and next 5 ingredients in a large bowl; add blueberries, tossing gently. Make a well in center of mixture.
- ☐ Combine buttermilk, oil, and egg; add to flour mixture, stirring just until moistened. Spoon batter into greased muffin pans, filling two-thirds full, and sprinkle with oat mixture.
- ☐ Bake at 400 for 15 to 20 minutes or until golden.
- ☐ Remove from pans immediately; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:36.09, Glycemic Load:14.05, Inflammation Score:-3, Nutrition Score:6.8578261344329%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg 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: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.24kcal (10.26%), Fat: 8.93g (13.74%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 25.83g (9.39%), Sugar: 7.41g (8.23%), Cholesterol: 17.15mg (5.72%), Sodium: 187.73mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Manganese: 0.39mg (19.37%), Selenium: 10.26µg (14.65%), Vitamin B1: 0.2mg (13.64%), Vitamin K: 12.11µg (11.54%), Folate: 45.27µg (11.32%), Vitamin B2: 0.19mg (11.2%), Phosphorus: 86.44mg (8.64%), Iron: 1.46mg (8.12%), Vitamin E: 1.21mg (8.05%), Calcium: 75.88mg (7.59%), Vitamin B3: 1.49mg (7.44%), Fiber: 1.68g (6.73%), Magnesium: 19.28mg (4.82%), Copper: 0.09mg (4.36%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.3mg (2.95%), Potassium: 99.68mg (2.85%), Vitamin A: 140.89IU (2.82%), Vitamin C: 2.23mg (2.7%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.28µg (1.86%), Vitamin B12: 0.11µg (1.81%)