



Blueberry Streusel Muffins (lighter)

READY IN



35 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup flour whole wheat all-purpose
- 2 tablespoons brown sugar packed
- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter firm
- 1 cup skim milk fat-free (skim)
- 0.3 cup apple sauce unsweetened
- 2 tablespoons vegetable oil
- 0.5 teaspoon vanilla
- 1 eggs

- 2 cups flour whole wheat all-purpose
- 0.3 cup granulated sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 cup blueberries fresh canned drained ()

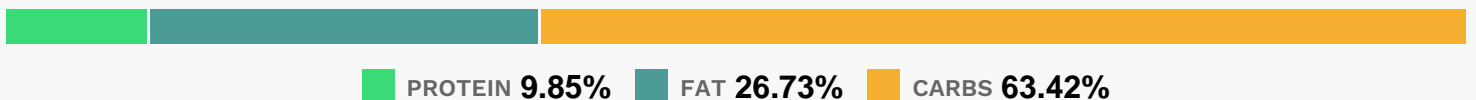
Equipment

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

Directions

- Heat oven to 400°F. 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 margarine using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly.
- In large bowl, beat milk, applesauce, 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:20.03, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:8.0630435217982%

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: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg 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: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 164.77kcal (8.24%), Fat: 5.14g (7.9%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 24.65g (8.96%), Sugar: 10.35g (11.5%), Cholesterol: 14.25mg (4.75%), Sodium: 239.79mg (10.43%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 4.26g (8.52%), Manganese: 0.97mg (48.45%), Selenium: 15.53µg (22.18%), Phosphorus: 133.73mg (13.37%), Fiber: 2.78g (11.13%), Calcium: 99.27mg (9.93%), Vitamin B1: 0.13mg (8.8%), Magnesium: 35.17mg (8.79%), Vitamin K: 7.03µg (6.69%), Vitamin B3: 1.2mg (6.01%), Vitamin B6: 0.12mg (5.93%), Iron: 1.05mg (5.85%), Copper: 0.11mg (5.27%), Vitamin B2: 0.09mg (5.25%), Zinc: 0.75mg (4.99%), Potassium: 138.49mg (3.96%), Vitamin E: 0.54mg (3.57%), Folate: 12.97µg (3.24%), Vitamin A: 155.2IU (3.1%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.3µg (1.99%), Vitamin C: 1.25mg (1.52%)