



## Blueberry-Streusel Muffins (White Whole Wheat Flour)

READY IN



40 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup flour whole wheat white
- 0.3 cup brown sugar packed
- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter cold cut into quarters
- 0.8 cup milk
- 0.3 cup butter melted
- 1 eggs
- 1.5 cups flour whole wheat white

- 0.5 cup granulated sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 cup blueberries fresh frozen canned (, or )

## Equipment

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

## Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or place paper baking cup in each muffin cup.
- In small bowl, mix 1/4 cup flour, the brown sugar and cinnamon.
- Cut in 2 tablespoons cold butter, using pastry blender (or pulling knives through ingredients in opposite directions), until crumbly. Set aside.
- In large bowl, beat milk, melted butter and egg with fork or whisk until well mixed. Stir in 1 1/2 cups flour, the granulated sugar, baking powder and salt all at once just until flour is moistened (batter will be lumpy). Fold in blueberries. Divide batter evenly among muffin cups; sprinkle each with streusel.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. If baked in greased pan, let stand about 5 minutes in pan, then remove from pan to cooling rack; if baked in paper baking cups, immediately remove from pan to cooling rack.
- Serve warm if desired.

## Nutrition Facts



■ PROTEIN 7.39% ■ FAT 33.09% ■ CARBS 59.52%

## Properties

Glycemic Index:20.42, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:2.4430434522421%

## 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: 180.43kcal (9.02%), Fat: 6.88g (10.59%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 25.79g (9.38%), Sugar: 14.74g (16.38%), Cholesterol: 15.47mg (5.16%), Sodium: 246.66mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Fiber: 2.07g (8.28%), Calcium: 78.88mg (7.89%), Vitamin A: 303.91IU (6.08%), Phosphorus: 40.58mg (4.06%), Iron: 0.62mg (3.46%), Vitamin B2: 0.05mg (2.77%), Manganese: 0.05mg (2.7%), Vitamin K: 2.45µg (2.33%), Vitamin E: 0.34mg (2.24%), Selenium: 1.54µg (2.19%), Vitamin B12: 0.12µg (2.03%), Potassium: 66.24mg (1.89%), Vitamin D: 0.24µg (1.61%), Vitamin C: 1.21mg (1.47%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.02%)