



WHATSheATE



Blueberry-White Chocolate Streusel Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1 eggs
- ☐ 1 cup milk low-fat
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 teaspoon vanilla
- ☐ 1 cup blueberries wild frozen

- ☐ 0.5 cup chocolate chips white
- ☐ 2 tablespoons butter salted cold cut into 8 pieces
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. In medium bowl, stir together 2 cups flour, the granulated sugar, baking powder and salt; set aside.
- ☐ In large bowl, beat egg with electric mixer on medium speed 3 to 4 minutes or until light yellow in color. On low speed, beat in milk. While mixer is running on low speed, add melted butter in a thin stream; beat 1 minute.
- ☐ On low speed, gradually beat in flour mixture just until incorporated.
- ☐ Add vanilla, blueberries and chips; mix briefly to combine. Divide batter evenly among muffin cups.
- ☐ In food processor, process streusel topping ingredients with on/off pulses until combined.
- ☐ Sprinkle evenly over batter in cups.
- ☐ Bake 20 to 24 minutes or until toothpick inserted in centers come out clean. Cool about 5 minutes before serving. Store in airtight container.

Nutrition Facts



 **PROTEIN 6.14%**  **FAT 43.59%**  **CARBS 50.27%**

Properties

Glycemic Index:39.76, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:5.9000000539033%

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: 261.24kcal (13.06%), Fat: 12.78g (19.66%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 32.21g (11.71%), Sugar: 15.36g (17.06%), Cholesterol: 41.55mg (13.85%), Sodium: 337.39mg (14.67%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.05g (8.1%), Selenium: 9.58µg (13.68%), Vitamin B1: 0.2mg (13.06%), Calcium: 112.24mg (11.22%), Folate: 44.2µg (11.05%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.21mg (10.68%), Phosphorus: 91.04mg (9.1%), Vitamin B3: 1.45mg (7.24%), Vitamin A: 362.18IU (7.24%), Iron: 1.3mg (7.21%), Vitamin K: 4.01µg (3.82%), Fiber: 0.95g (3.81%), Vitamin B12: 0.21µg (3.58%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.3mg (3.04%), Potassium: 101.01mg (2.89%), Vitamin D: 0.43µg (2.88%), Magnesium: 10.31mg (2.58%), Copper: 0.05mg (2.54%), Zinc: 0.38mg (2.51%), Vitamin B6: 0.04mg (2.04%), Vitamin C: 1.24mg (1.5%)