



Cinnamon Blueberry Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 7.5 oz blueberries
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted cooled melted

☐ 0.5 cup milk whole

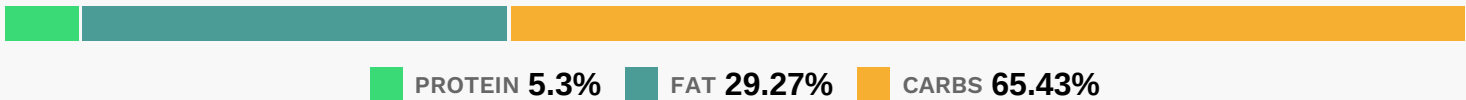
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Put liners in muffin cups.
- ☐ Whisk together butter, brown sugar, milk, and egg in a bowl until combined well.
- ☐ Whisk together flour, baking powder, cinnamon, and salt in a large bowl.
- ☐ Add milk mixture and stir until just combined. Fold in blueberries gently.
- ☐ Divide batter among muffin cups and bake until golden brown and a wooden pick inserted into center of a muffin comes out clean, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:9.79, Inflammation Score:-3, Nutrition Score:4.3465217092763%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Petunidin: 5.59mg, Petunidin: 5.59mg, Petunidin: 5.59mg, Petunidin: 5.59mg Delphinidin: 6.28mg, Delphinidin: 6.28mg, Delphinidin: 6.28mg, Delphinidin: 6.28mg Malvidin: 11.98mg, Malvidin: 11.98mg, Malvidin: 11.98mg, Malvidin: 11.98mg Peonidin: 3.6mg, Peonidin: 3.6mg, Peonidin: 3.6mg, Peonidin: 3.6mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 199.57kcal (9.98%), Fat: 6.61g (10.17%), Saturated Fat: 3.94g (24.66%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 32.32g (11.75%), Sugar: 20.1g (22.34%), Cholesterol: 31.77mg (10.59%), Sodium: 166.08mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.21mg (10.45%), Selenium: 7.08µg (10.12%), Vitamin B1: 0.14mg (9.13%), Folate: 32.02µg (8%), Vitamin B2: 0.12mg (7.06%), Calcium: 66.25mg (6.63%), Iron: 1.05mg (5.83%), Vitamin B3: 1.04mg (5.18%), Phosphorus: 50.99mg (5.1%), Vitamin A: 223.96IU (4.48%), Vitamin K: 4.05µg (3.86%), Fiber: 0.94g (3.75%), Copper: 0.05mg (2.31%), Vitamin B5: 0.22mg (2.25%), Potassium: 78.26mg (2.24%), Vitamin E: 0.33mg (2.17%), Vitamin C: 1.73mg (2.09%), Magnesium: 8.25mg (2.06%), Vitamin D: 0.3µg (2%), Vitamin B6: 0.04mg (1.87%), Vitamin B12: 0.1µg (1.73%), Zinc: 0.25mg (1.66%)