



Delicious Gluten-Free Blueberry Corn Muffins

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



279 kcal

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup blueberries
- 0.5 cup butter softened
- 1 cup cornmeal
- 1 egg yolk
- 2 eggs
- 1.3 cups milk
- 1.5 cups rice flour
- 0.5 teaspoon salt

- 1 tablespoon vinegar
- 0.8 cup sugar white

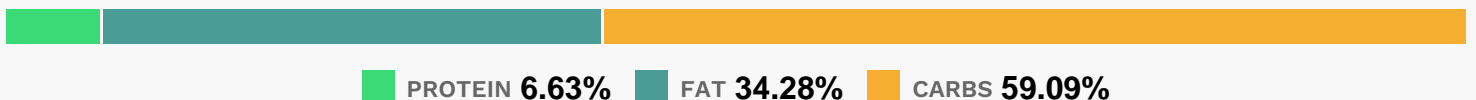
Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line 12 muffin cups with paper liners.
- Stir milk and vinegar together in a small bowl; set aside to sour for 3 to 5 minutes.
- Beat white sugar and butter together in a bowl using an electric mixer until creamy and smooth.
- Add eggs, egg yolk, soured milk, and lemon zest; beat until smooth, scraping down sides of bowl as needed.
- Mix rice flour, cornmeal, baking powder, and salt in a bowl; slowly stir flour mixture into creamed butter mixture until just mixed. Gently fold in blueberries.
- Pour batter into the prepared muffin cups, filling each about 3/4 full.
- Sprinkle each muffin with raw sugar.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:26.45, Inflammation Score:-3, Nutrition Score:6.2573913594951%

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: 278.56kcal (13.93%), Fat: 10.72g (16.5%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 39.57g (14.39%), Sugar: 15.2g (16.89%), Cholesterol: 66.87mg (22.29%), Sodium: 320.64mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Manganese: 0.37mg (18.59%), Phosphorus: 128.47mg (12.85%), Calcium: 121.72mg (12.17%), Selenium: 7.58µg (10.83%), Vitamin B6: 0.21mg (10.26%), Fiber: 2.02g (8.1%), Vitamin A: 345.43IU (6.91%), Magnesium: 26.49mg (6.62%), Vitamin B1: 0.09mg (6.15%), Vitamin B2: 0.1mg (6.1%), Zinc: 0.83mg (5.56%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 0.93mg (4.67%), Iron: 0.83mg (4.59%), Vitamin B12: 0.25µg (4.13%), Copper: 0.07mg (3.65%), Potassium: 120.07mg (3.43%), Vitamin D: 0.51µg (3.38%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.18µg (3.03%), Folate: 11.97µg (2.99%), Vitamin C: 1.2mg (1.45%)