



Double-Berry Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup blueberries
- 1 Tbsp calumet baking powder
- 1 cup cholesterol-free egg product
- 0.3 cup milk fat-free
- 1.5 cups flour
- 1 tsp ground cinnamon
- 3 Tbsp butter melted
- 6 oz raspberry nonfat yogurt
- 0.5 cup sugar

0.5 cup creamy wheat cereal hot uncooked (enriched farina) (1-min., 2-)

Equipment

bowl

oven

whisk

muffin liners

Directions

Preheat oven to 400F.

Mix flour, cereal, sugar, baking powder and cinnamon in large bowl; set aside. Beat yogurt, egg product, milk and margarine with wire whisk until well blended.

Add to flour mixture; stir just until moistened. Gently stir in blueberries.

Spoon evenly into 12 lightly greased or paper-lined medium muffin cups.

Bake 18 to 20 min. or until golden brown.

Serve warm.

Nutrition Facts



PROTEIN 12.69% **FAT 23.51%** **CARBS 63.8%**

Properties

Glycemic Index:26.28, Glycemic Load:15.23, Inflammation Score:-5, Nutrition Score:12.102608727372%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 192.65kcal (9.63%), Fat: 5.19g (7.99%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 29.69g (10.8%), Sugar: 11.75g (13.06%), Cholesterol: 75.77mg (25.26%), Sodium: 237.91mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin D: 8.85µg (58.99%), Folate: 124.41µg (31.1%), Iron: 4.27mg (23.73%), Vitamin B2: 0.31mg (17.97%), Selenium: 12.19µg (17.42%), Vitamin B1: 0.22mg (14.86%), Phosphorus: 140.11mg (14.01%), Calcium: 132.22mg (13.22%), Zinc: 1.65mg (11.01%), Vitamin B3: 2.05mg (10.26%), Vitamin B12: 0.61µg (10.24%), Manganese: 0.18mg (9.12%), Vitamin B6: 0.16mg (8.11%), Fiber: 2.02g (8.08%), Vitamin A: 356.42IU (7.13%), Vitamin B5: 0.5mg (5.03%), Magnesium: 18.62mg (4.66%), Potassium: 134.88mg (3.85%), Vitamin C: 2.3mg (2.79%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.3%), Vitamin K: 1.99µg (1.89%)