



Easy Blueberry Muffins

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup milk
- 0.3 cup sugar
- 2 tablespoons vegetable oil
- 1 eggs
- 0.8 cup blueberries fresh thawed drained (and)
- 2 cups frangelico

Equipment

- oven

muffin liners

Directions

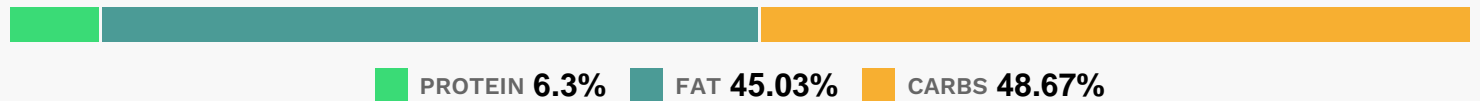
Heat oven to 400°F.

Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.

Stir all ingredients except blueberries just until moistened. Gently stir in blueberries. Divide batter evenly among cups.

Bake 13 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:1.3526086781336%

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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 60.08kcal (3%), Fat: 3.1g (4.77%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.31g (2.66%), Sugar: 7.13g (7.92%), Cholesterol: 15.27mg (5.09%), Sodium: 10.51mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 6.01µg (5.72%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 22.06mg (2.21%), Selenium: 1.43µg (2.04%), Calcium: 19.34mg (1.93%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.76%), Manganese: 0.03mg (1.64%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.12mg (1.18%), Vitamin C: 0.9mg (1.09%)