



 **2%**  
HEALTH SCORE

## Jumbo Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



762 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 t double-acting baking powder
- 1.5 c blueberries fresh
- 1.5 cups butter melted
- 1 c buttermilk
- 2 eggs
- 1 cup flour sifted
- 7 oz granulated sugar
- 1.5 t lemon zest fresh grated

- 0.5 teaspoon salt
- 1.5 t vanilla extract
- 4 T vegetable oil

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin tray

## Directions

- Preheat oven to 425 degrees f. Spray a 6-cup large-sized muffin tin lightly with cooking spray, set aside. In a small bowl combine the lemon zest and 1/3 c. sugar, using a fork, mix thoroughly. In a large bowl combine flour, baking powder and salt. In a medium bowl, combine 1 c. sugar and eggs, whisking vigorously for about 45 seconds, until the mixture is thick and homogeneous. Slowly add in melted butter and oil. Then whisk in buttermilk and vanilla.
- Add the liquid ingredients and the blueberries to the dry ingredients, folding until just mixed, taking care to not over mix. Scoop batter into the muffin tins and sprinkle the tops with the lemon-sugar.
- Bake the muffins at 425 degrees f. for 5 minutes then reduce the heat to 375 degrees f. and continue baking for about 25 minutes (rotating the pan halfway through the bake time to ensure even baking), until a toothpick inserted near the center of the muffins comes out clean with only a few crumbs attached.
- Let the muffins cool for about 5 minutes in the pan before removing them to a wire rack to cool.

## Nutrition Facts

**PROTEIN 3.11%** **FAT 67.39%** **CARBS 29.5%**

## Properties

Glycemic Index:59.68, Glycemic Load:37.78, Inflammation Score:-7, Nutrition Score:11.263043478261%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Taste

Sweetness: 75.49%, Saltiness: 12.76%, Sourness: 13.69%, Bitterness: 8.2%, Savoriness: 6.97%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 761.96kcal (38.1%), Fat: 58.24g (89.61%), Saturated Fat: 31.81g (198.84%), Carbohydrates: 57.36g (19.12%), Net Carbohydrates: 55.85g (20.31%), Sugar: 38.94g (43.27%), Cholesterol: 180.97mg (60.32%), Sodium: 947.83mg (41.21%), Alcohol: 0.36g (2.01%), Protein: 6.05g (12.1%), Vitamin A: 1583.61IU (31.67%), Vitamin K: 28.01µg (26.68%), Calcium: 254.61mg (25.46%), Selenium: 13.86µg (19.8%), Phosphorus: 170.91mg (17.09%), Vitamin B2: 0.28mg (16.52%), Vitamin E: 2.46mg (16.43%), Manganese: 0.28mg (13.83%), Vitamin B1: 0.21mg (13.68%), Folate: 51.01µg (12.75%), Iron: 1.71mg (9.52%), Vitamin B3: 1.46mg (7.31%), Vitamin B12: 0.41µg (6.85%), Fiber: 1.51g (6.04%), Vitamin B5: 0.58mg (5.78%), Vitamin D: 0.81µg (5.42%), Vitamin C: 4.23mg (5.13%), Potassium: 142.31mg (4.07%), Zinc: 0.6mg (4.03%), Copper: 0.08mg (3.78%), Magnesium: 14.73mg (3.68%), Vitamin B6: 0.07mg (3.53%)