



Gluten-Free Blueberry Corn Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



84 kcal

Ingredients

- 1.5 cups blueberries fresh thaw (do not)
- 0.5 cup butter melted
- 3 eggs beaten
- 2 teaspoons orange zest grated
- 1 tablespoon sugar
- 2 teaspoons vanilla gluten-free
- 0.8 cup water
- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup cornmeal yellow

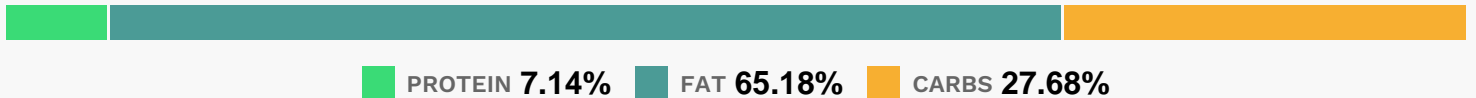
Equipment

- bowl
- frying pan
- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 375F.
- Place paper baking cups in each of 18 regular-size muffin cups.
- In large bowl, mix cake mix, cornmeal, water, butter, vanilla, eggs and orange peel just until dry ingredients are moistened. Gently stir in blueberries. Spoon evenly into muffin cups; sprinkle with sugar.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:1.9326086977254%

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

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Nutrients (% of daily need)

Calories: 83.75kcal (4.19%), Fat: 6.11g (9.41%), Saturated Fat: 3.52g (22%), Carbohydrates: 5.84g (1.95%), Net
Carbohydrates: 5.11g (1.86%), Sugar: 2.05g (2.28%), Cholesterol: 40.84mg (13.61%), Sodium: 51.8mg (2.25%),
Alcohol: 0.15g (100%), Alcohol %: 0.3% (100%), Protein: 1.51g (3.02%), Vitamin A: 204.77IU (4.1%), Selenium: 2.6µg
(3.71%), Manganese: 0.07mg (3.64%), Fiber: 0.73g (2.94%), Phosphorus: 27.52mg (2.75%), Vitamin K: 2.85µg
(2.72%), Vitamin B2: 0.05mg (2.68%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.31mg (2.07%), Vitamin C: 1.5mg
(1.82%), Zinc: 0.26mg (1.73%), Magnesium: 6.67mg (1.67%), Iron: 0.3mg (1.66%), Vitamin B5: 0.16mg (1.62%), Folate:
5.94µg (1.49%), Vitamin B1: 0.02mg (1.43%), Vitamin B12: 0.08µg (1.27%), Copper: 0.03mg (1.26%), Potassium:
36.49mg (1.04%)