



## Gluten Free Blueberry Muffins

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup almond flour
- 0.8 cup blueberries fresh
- 0.8 cup butter melted
- 1.5 cups confectioners' sugar
- 6 egg whites beaten
- 0.5 cup flour gluten-free
- 0.3 teaspoon xanthan gum

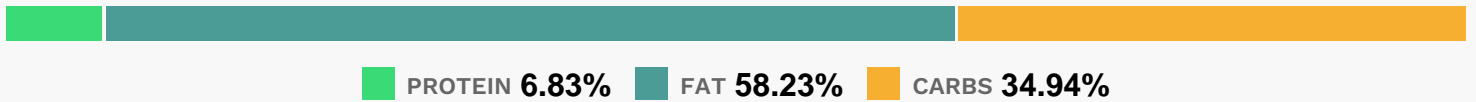
### Equipment

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

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups.
- Mix 1 1/2 cup confectioners' sugar, almond meal, butter, flour, egg whites, and xanthan gum together in a bowl until just combined. The mixture will be slightly grainy. Spoon batter into prepared muffin cups. Scatter blueberries onto batter.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool muffins in pan for 10 minutes before transferring to a wire rack. Dust with about 2 tablespoons confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:1.8695652303488%

## 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: 242.75kcal (12.14%), Fat: 16.35g (25.16%), Saturated Fat: 7.62g (47.64%), Carbohydrates: 22.08g (7.36%),  
Net Carbohydrates: 20.31g (7.39%), Sugar: 16.2g (18%), Cholesterol: 30.5mg (10.17%), Sodium: 118.32mg (5.14%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin A: 359.54IU (7.19%), Fiber: 1.77g (7.08%),  
Selenium: 3.24µg (4.63%), Vitamin B2: 0.08mg (4.55%), Iron: 0.58mg (3.24%), Calcium: 28.09mg (2.81%), Vitamin K:  
2.78µg (2.65%), Vitamin E: 0.38mg (2.55%), Manganese: 0.03mg (1.67%), Vitamin C: 0.9mg (1.09%), Potassium:  
35.48mg (1.01%)