



Gluten Free Blueberry Muffins

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1.5 cups blueberries
- 2 large eggs
- 2 cups flour gluten-free all-purpose
- 2 teaspoons lemon zest grated
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.5 cup butter unsalted cooled melted (1 stick)

- 1 teaspoon vanilla extract
- 0.5 cup milk whole
- 1 teaspoon xanthan gum

Equipment

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

Directions

- Preheat oven to 375F. Lightly butter or grease a 12-cup muffin pan or line with paper liners. Stir together flour, sugar, baking powder, xanthan gum and salt in a medium bowl until blended.
- Whisk together butter, milk, eggs, lemon zest and vanilla in a large bowl until combined. Stir in flour mixture until partially moistened. Fold in blueberries until evenly mixed. Batter will be thick, do not over stir. Divide batter evenly between muffin cups, filling each about three-fourths full.
- Bake 10 minutes. Rotate pan and continue to bake about 10 minutes longer or until muffins are golden brown and toothpick inserted in center comes out clean. Cool in pan 3 minutes.
- Serve warm or remove to wire rack to cool completely.

Nutrition Facts



PROTEIN 6.53% **FAT 38.57%** **CARBS 54.9%**

Properties

Glycemic Index:20.01, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:3.124347826087%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 9.57g (14.73%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.94g (10.16%), Sugar: 15.58g (17.31%), Cholesterol: 52.56mg (17.52%), Sodium: 191.88mg (8.34%), Protein: 3.65g (7.29%), Fiber: 2.71g (10.85%), Calcium: 73.72mg (7.37%), Vitamin A: 307.99IU (6.16%), Iron: 1.01mg (5.6%), Phosphorus: 46.59mg (4.66%), Selenium: 2.94µg (4.21%), Vitamin K: 4.29µg (4.08%), Vitamin B2: 0.07mg (3.87%), Manganese: 0.07mg (3.34%), Vitamin D: 0.42µg (2.8%), Vitamin E: 0.42mg (2.79%), Vitamin C: 2.22mg (2.7%), Vitamin B12: 0.15µg (2.42%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.03mg (1.55%), Folate: 5.35µg (1.34%), Potassium: 45.5mg (1.3%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.11%)