



Greek Yogurt Blueberry Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup blueberries fresh thaw (do not)
- 1 eggs
- 1.8 cups flour all-purpose
- 1 tablespoon juice of lemon
- 1 tablespoon lemon zest grated
- 0.3 cup milk

- 0.5 teaspoon salt
- 6 oz vanilla-honey greek yogurt fat free
- 0.3 cup sugar
- 0.3 cup vegetable oil

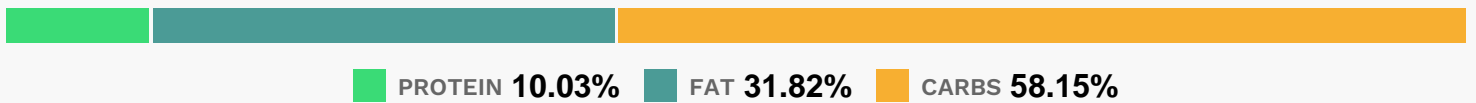
Equipment

- bowl
- frying pan
- oven
- whisk
- muffin liners

Directions

- Heat oven to 400F. Grease bottoms only of 12 regular-size muffins cups, or line with paper baking cups.
- In large bowl, beat milk, oil, yogurt and egg using wire whisk or fork. Stir in remaining ingredients except blueberries, until flour is moistened. Gently stir in blueberries. Divide batter evenly among muffin cups.
- Bake 16 to 18 minutes or until golden brown. Cool 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:13.75, Inflammation Score:-2, Nutrition Score:4.2908695469732%

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

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Nutrients (% of daily need)

Calories: 149.42kcal (7.47%), Fat: 5.33g (8.21%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 21.16g (7.7%), Sugar: 7.22g (8.02%), Cholesterol: 14.93mg (4.98%), Sodium: 243.4mg (10.58%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.78g (7.56%), Selenium: 7.48µg (10.68%), Vitamin B1: 0.15mg (10.16%), Vitamin K: 10.22µg (9.74%), Folate: 35.95µg (8.99%), Manganese: 0.16mg (7.87%), Vitamin B2: 0.12mg (7.14%), Calcium: 63.63mg (6.36%), Iron: 1.04mg (5.76%), Vitamin B3: 1.13mg (5.64%), Phosphorus: 53.32mg (5.33%), Vitamin E: 0.48mg (3.2%), Fiber: 0.77g (3.09%), Vitamin C: 2.03mg (2.46%), Copper: 0.04mg (1.77%), Vitamin B5: 0.18mg (1.76%), Potassium: 56.97mg (1.63%), Magnesium: 6.2mg (1.55%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.15%)