



Half Dozen Whole Wheat Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.3 cups blueberries frozen thaw
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 tsp salt salted (use slightly less if using butter)
- ☐ 6 tablespoons sugar alternative your favorite
- ☐ 3 tablespoons butter unsalted softened

- ☐ 0.5 tsp vanilla extract
- ☐ 0.5 cup flour whole wheat

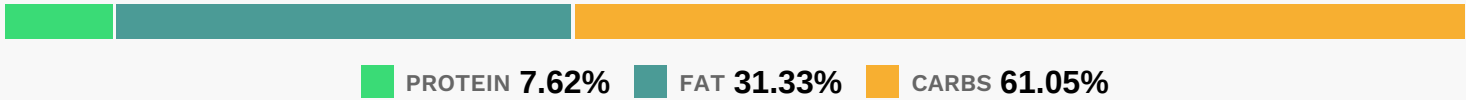
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 375 degrees and line a six muffin cups with paper liners. In a large mixing bowl, cream the butter, vanilla and sugar together with an electric mixer.
- ☐ Add the eggs and stir until blended, then stir in the milk.In a separate bowl, mix the flours, baking powder, and salt. Stir it into the butter and sugar mixture, then stir in the frozen blueberries, being careful not to squash them (if they're frozen, they'll be fine!). Fill the muffin cups almost to the top and bake for 25 minutes, or until light brown. Makes 6 muffins.

Nutrition Facts



Properties

Glycemic Index:60.85, Glycemic Load:16.15, Inflammation Score:-4, Nutrition Score:7.0069563699805%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 208.1kcal (10.41%), Fat: 7.46g (11.48%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 30.58g (11.12%), Sugar: 15.89g (17.65%), Cholesterol: 47.72mg (15.91%), Sodium: 124.69mg (5.42%), Alcohol: 0.12g (100%), Alcohol %: 0.17% (100%), Protein: 4.09g (8.17%), Manganese: 0.59mg (29.63%), Selenium: 12.64µg (18.06%), Vitamin B1: 0.15mg (10.24%), Phosphorus: 101.33mg (10.13%), Fiber: 2.14g (8.57%), Calcium: 84.76mg (8.48%), Vitamin B2: 0.14mg (8.15%), Folate: 29.57µg (7.39%), Vitamin K: 7.13µg (6.79%), Iron: 1.2mg (6.66%), Vitamin B3: 1.27mg (6.35%), Vitamin A: 260.27IU (5.21%), Magnesium: 20.64mg (5.16%), Copper: 0.08mg (4.16%), Vitamin B6: 0.08mg (4.15%), Vitamin C: 3.19mg (3.87%), Zinc: 0.54mg (3.62%), Vitamin E: 0.52mg (3.5%), Vitamin B5: 0.32mg (3.2%), Potassium: 102.21mg (2.92%), Vitamin D: 0.38µg (2.56%), Vitamin B12: 0.14µg (2.36%)