



Health Nut Blueberry Muffins



Vegetarian



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 banana mashed
- ☐ 1 cup blueberries
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup oat bran

- ☐ 0.3 cup cooking oats quick
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup wheat germ
- ☐ 0.8 cup sugar white
- ☐ 0.8 cup flour whole wheat

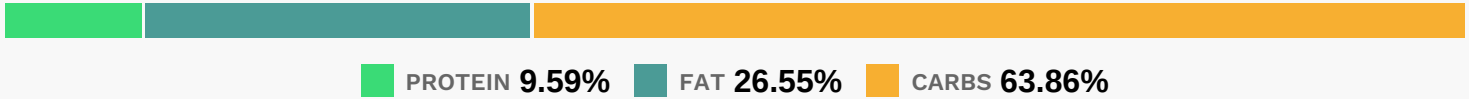
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan, or line with paper muffin cups.
- ☐ In a large bowl, stir together the all-purpose flour, whole wheat flour, sugar, oat bran, quick-cooking oats, wheat germ, baking powder, baking soda and salt. Gently stir in the blueberries and walnuts. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil and vanilla.
- ☐ Pour the wet ingredients into the dry, and mix just until blended. Spoon into muffin cups, filling all the way to the top.
- ☐ Bake for 15 to 18 minutes in the preheated oven, or until the tops of the muffins spring back when lightly touched.

Nutrition Facts



Properties

Glycemic Index:41.86, Glycemic Load:16.52, Inflammation Score:-3, Nutrition Score:9.076521806095%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg 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: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 199.57kcal (9.98%), Fat: 6.22g (9.58%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 30.94g (11.25%), Sugar: 16.17g (17.97%), Cholesterol: 15.84mg (5.28%), Sodium: 202.41mg (8.8%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 5.06g (10.12%), Manganese: 1.13mg (56.4%), Selenium: 13.18µg (18.82%), Vitamin B1: 0.22mg (14.51%), Phosphorus: 133.57mg (13.36%), Fiber: 2.75g (11.01%), Magnesium: 41.82mg (10.46%), Folate: 36.38µg (9.09%), Copper: 0.18mg (8.92%), Vitamin B2: 0.14mg (8.46%), Vitamin B6: 0.15mg (7.66%), Iron: 1.31mg (7.29%), Zinc: 0.99mg (6.57%), Vitamin B3: 1.23mg (6.14%), Calcium: 57.74mg (5.77%), Potassium: 176.23mg (5.04%), Vitamin K: 5.02µg (4.78%), Vitamin B5: 0.39mg (3.91%), Vitamin C: 2.12mg (2.56%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 67.4IU (1.35%)