



Jordan Marsh Style Blueberry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 pint blueberries
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons sugar white

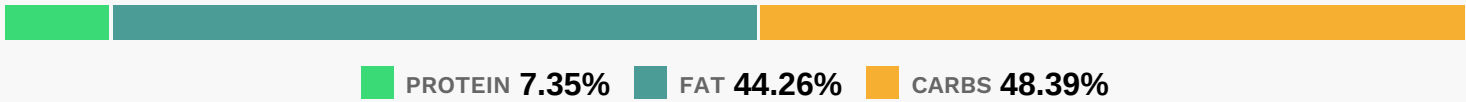
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease 12 muffin cups.
- ☐ In a large bowl, cream together shortening and 1 cup sugar. Beat in eggs and vanilla.
- ☐ Combine flour, baking powder and salt, and stir into egg mixture alternately with the milk. Fold in blueberries. Spoon batter into prepared muffin cups and sprinkle with sugar.
- ☐ Bake in preheat oven for 5 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake for 30 minutes more, until golden.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:15.16, Inflammation Score:-3, Nutrition Score:5.954782537792%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Petunidin: 12.43mg, Petunidin: 12.43mg, Petunidin: 12.43mg, Petunidin: 12.43mg Delphinidin: 13.97mg, Delphinidin: 13.97mg, Delphinidin: 13.97mg, Delphinidin: 13.97mg Malvidin: 26.65mg, Malvidin: 26.65mg, Malvidin: 26.65mg, Malvidin: 26.65mg Peonidin: 8mg, Peonidin: 8mg, Peonidin: 8mg, Peonidin: 8mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 199.42kcal (9.97%), Fat: 9.91g (15.24%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 22.85g (8.31%), Sugar: 6.54g (7.26%), Cholesterol: 28.5mg (9.5%), Sodium: 183.04mg (7.96%),

Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 3.7g (7.4%), Manganese: 0.28mg (13.91%), Selenium: 9.56µg (13.66%), Vitamin B1: 0.19mg (12.57%), Vitamin K: 12.27µg (11.69%), Folate: 43.94µg (10.98%), Vitamin B2: 0.17mg (9.84%), Iron: 1.29mg (7.15%), Vitamin B3: 1.41mg (7.06%), Phosphorus: 66.65mg (6.66%), Calcium: 61.48mg (6.15%), Fiber: 1.51g (6.04%), Vitamin E: 0.84mg (5.62%), Vitamin C: 3.82mg (4.64%), Vitamin B5: 0.35mg (3.49%), Copper: 0.06mg (2.92%), Vitamin B6: 0.05mg (2.43%), Magnesium: 9.27mg (2.32%), Zinc: 0.35mg (2.31%), Potassium: 78.71mg (2.25%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.26µg (1.72%), Vitamin A: 77.36IU (1.55%)