



Lemon-Blueberry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 cups corn flakes/bran flakes kix®
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 1 tablespoon butter firm
- 0.3 cup brown sugar packed
- 0.8 cup skim milk fat-free (skim)
- 0.3 cup vegetable oil
- 2 teaspoons lemon zest grated
- 1 eggs

- 1.3 cups flour whole wheat
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 cup blueberries fresh thaw (do not)

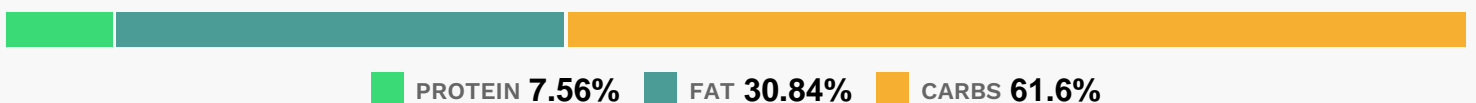
Equipment

- bowl
- oven
- ziploc bags
- muffin liners
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups with shortening or spray with cooking spray.
- Place cereal in food-storage plastic bag; seal bag and crush with rolling pin or meat mallet. Set aside.
- To make topping, in small bowl, mix 2 tablespoons of the crushed cereal, 1/4 cup brown sugar, the cinnamon and margarine until crumbly; set aside.
- In medium bowl, mix 1/3 cup brown sugar, the milk, oil, lemon peel and egg. Stir in remaining crushed cereal, the flour, baking powder and salt just until moistened. Gently stir in blueberries. Divide batter evenly among muffin cups; sprinkle with topping.
- Bake 20 to 24 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:4.47, Inflammation Score:-5, Nutrition Score:10.034347731134%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg 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: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg 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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg 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: 174.85kcal (8.74%), Fat: 6.36g (9.78%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.43g (9.25%), Sugar: 13.85g (15.39%), Cholesterol: 14.1mg (4.7%), Sodium: 269.29mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Manganese: 0.86mg (42.76%), Selenium: 13.24µg (18.92%), Iron: 2.85mg (15.85%), Folate: 58.47µg (14.62%), Phosphorus: 126.18mg (12.62%), Fiber: 3.13g (12.53%), Vitamin B1: 0.18mg (11.68%), Vitamin K: 11.14µg (10.61%), Vitamin B6: 0.21mg (10.26%), Calcium: 100.72mg (10.07%), Vitamin B2: 0.17mg (9.9%), Vitamin B3: 1.96mg (9.8%), Magnesium: 38.74mg (9.68%), Vitamin B12: 0.5µg (8.29%), Vitamin A: 288.71IU (5.77%), Zinc: 0.84mg (5.62%), Copper: 0.1mg (5.24%), Vitamin E: 0.67mg (4.45%), Potassium: 141.66mg (4.05%), Vitamin D: 0.49µg (3.26%), Vitamin B5: 0.28mg (2.83%), Vitamin C: 1.63mg (1.98%)