



Lemon-Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup blueberries fresh
- ☐ 2 large egg whites lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 8 ounce carton lemon yogurt fat-free
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tablespoon vegetable oil

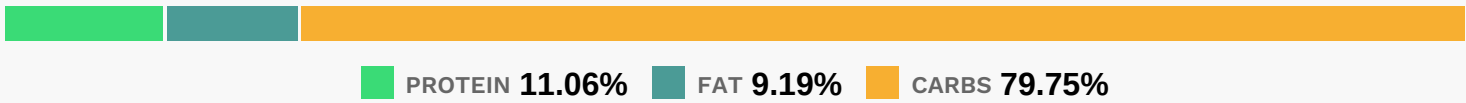
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a large bowl; add blueberries, and toss to coat. Make a well in center of mixture.
- ☐ Combine egg whites and next 3 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Bake at 400 for 20 minutes.
- ☐ Note: Many of the recipes in this book call for 2 egg whites in place of a whole egg to lower cholesterol and fat. Others specify egg substitute, which contains no cholesterol and little, if any, fat. Although some recipes work well with egg whites, others do not. So keep both egg whites and egg substitute on hand.

Nutrition Facts



Properties

Glycemic Index:17.32, Glycemic Load:13.39, Inflammation Score:-1, Nutrition Score:3.4352173811716%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 2.19mg, Petunidin: 2.19mg, Petunidin: 2.19mg, Petunidin: 2.19mg Delphinidin: 2.46mg, Delphinidin: 2.46mg, Delphinidin: 2.46mg, Delphinidin: 2.46mg Malvidin: 4.69mg, Malvidin: 4.69mg, Malvidin: 4.69mg, Malvidin: 4.69mg Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.01mg, Luteolin:
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:
0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105.88kcal (5.29%), Fat: 1.09g (1.67%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 21.22g (7.07%), Net
Carbohydrates: 20.54g (7.47%), Sugar: 8.81g (9.79%), Cholesterol: 0.28mg (0.09%), Sodium: 151.74mg (6.6%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 6.7µg (9.57%), Vitamin B1: 0.13mg
(8.95%), Vitamin B2: 0.13mg (7.93%), Folate: 31.12µg (7.78%), Manganese: 0.13mg (6.67%), Vitamin B3: 0.98mg
(4.9%), Phosphorus: 46.45mg (4.65%), Calcium: 46.53mg (4.65%), Iron: 0.81mg (4.5%), Vitamin K: 3.02µg (2.87%),
Fiber: 0.69g (2.74%), Potassium: 70.96mg (2.03%), Magnesium: 7.32mg (1.83%), Vitamin B5: 0.18mg (1.79%), Zinc:
0.26mg (1.75%), Copper: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 1.04mg (1.26%), Vitamin B6:
0.02mg (1.02%)