



Lightened-Up Whole Wheat-Blueberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon vanilla
- ☐ 2 egg whites
- ☐ 2 cups flour whole wheat
- ☐ 0.3 cup sugar
- ☐ 3 teaspoons double-acting baking powder

- ☐ 0.5 teaspoon salt
- ☐ 1 cup blueberries fresh canned drained ()

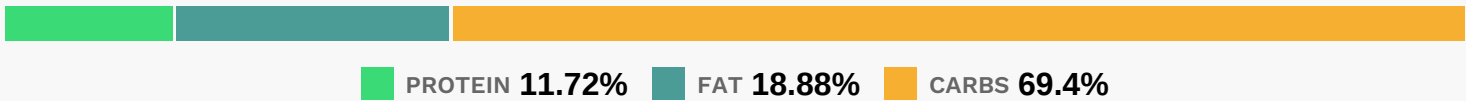
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups, or place paper baking cup in each muffin cup.
- ☐ Mix milk, applesauce, oil, vanilla and egg whites in large bowl, using fork or wire whisk. Stir in flour, sugar, baking powder and salt, using spoon, just until flour is moistened (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.
- ☐ Bake 20 to 25 minutes or until golden brown. Immediately remove from pan to wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:5.06, Inflammation Score:-2, Nutrition Score:7.0847826315009%

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: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg

Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg 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: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 129.14kcal (6.46%), Fat: 2.86g (4.39%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21.13g (7.68%), Sugar: 8.42g (9.36%), Cholesterol: 0.61mg (0.2%), Sodium: 220.26mg (9.58%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.99g (7.97%), Manganese: 0.86mg (42.91%), Selenium: 13.83µg (19.76%), Phosphorus: 117.65mg (11.77%), Fiber: 2.49g (9.98%), Calcium: 93.94mg (9.39%), Magnesium: 31.58mg (7.9%), Vitamin B1: 0.12mg (7.86%), Vitamin K: 6.95µg (6.62%), Vitamin B3: 1.08mg (5.39%), Vitamin B2: 0.09mg (5.26%), Vitamin B6: 0.1mg (5.07%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.63%), Zinc: 0.64mg (4.24%), Potassium: 128.68mg (3.68%), Vitamin E: 0.41mg (2.71%), Folate: 10.3µg (2.58%), Vitamin B5: 0.22mg (2.2%), Vitamin B12: 0.12µg (2.05%), Vitamin C: 1.25mg (1.51%), Vitamin D: 0.22µg (1.5%), Vitamin A: 51.58IU (1.03%)