



Limelight Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated

- ☐ 6 ounce yogurt plain low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine sour cream and next 7 ingredients (through yogurt) in a bowl; stir with a whisk.
- ☐ Add sour cream mixture to flour mixture; stir just until moist. Spoon batter evenly into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle blueberries evenly over tops of muffins.
- ☐ Bake at 350 for 25 minutes or until muffins spring back when touched lightly in center. Cool in pans 10 minutes on a wire rack; remove from pan.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:22.47, Inflammation Score:-2, Nutrition Score:5.2434782748637%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.33kcal (11.27%), Fat: 8.14g (12.52%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 33.7g (12.25%), Sugar: 19.07g (21.19%), Cholesterol: 19.7mg (6.57%), Sodium: 152.78mg (6.64%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.19g (8.38%), Selenium: 9.44µg (13.49%), Vitamin B2: 0.18mg (10.82%), Vitamin B1: 0.16mg (10.69%), Folate: 39.15µg (9.79%), Calcium: 85.46mg (8.55%), Manganese: 0.17mg (8.51%), Vitamin E: 1.25mg (8.35%), Phosphorus: 72.46mg (7.25%), Vitamin K: 6.98µg (6.64%), Iron: 1.06mg (5.9%), Vitamin B3: 1.16mg (5.82%), Fiber: 0.8g (3.22%), Potassium: 101.27mg (2.89%), Vitamin B12: 0.16µg (2.69%), Vitamin C: 2.19mg (2.66%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.38mg (2.54%), Magnesium: 9.65mg (2.41%), Copper: 0.04mg (2.16%), Vitamin B6: 0.03mg (1.59%), Vitamin A: 69.16IU (1.38%)