



## Low Carb Blueberry Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup blueberries (sweet with 1 tablespoon of sugar substitute)
- 0.3 cup club soda
- 2 eggs
- 0.5 cup heavy cream
- 1 cup soy flour
- 2 tablespoons wheat bran and 1 tablespoon soy flour (mixed (or oat))
- 0.5 cup sugar substitute (recommended: Splenda)

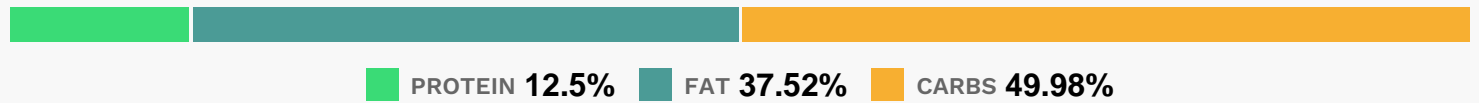
# Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

# Directions

- Preheat oven to 375 degrees F.
- Spray a 6-cup muffin tin with vegetable oil cooking spray. Evenly sprinkle the pan with the wheat bran and soy flour mix, being careful to coat the sides of the cups also; this will prevent sticking.
- In a bowl using a wire whisk, mix all the remaining ingredients, except the blueberries, until well blended. Then fold in the blueberries and fill the 6 muffins cups evenly with the batter.
- Place on the center rack of the oven and bake for 20 to 25 minutes, or until the tops turn golden brown and a toothpick stuck in the center comes out clean.
- Remove from oven and let cool before refrigerating.
- Serve warm with butter or cold with cream cheese.

# Nutrition Facts



# Properties

Glycemic Index:32, Glycemic Load:15.37, Inflammation Score:-6, Nutrition Score:11.15086955156%

# Nutrients (% of daily need)

Calories: 292.32kcal (14.62%), Fat: 12.89g (19.83%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 36.63g (13.32%), Sugar: 28.98g (32.19%), Cholesterol: 76.97mg (25.66%), Sodium: 102.34mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.33%), Copper: 0.63mg (31.34%), Manganese: 0.48mg (24.11%), Magnesium: 93.55mg (23.39%), Vitamin B2: 0.35mg (20.47%), Folate: 80.14µg (20.03%), Potassium: 568.96mg (16.26%), Phosphorus: 158.89mg (15.89%), Vitamin K: 15.38µg (14.65%), Calcium: 104.39mg

(10.44%), Selenium: 6.67µg (9.53%), Iron: 1.69mg (9.38%), Vitamin B1: 0.13mg (8.79%), Fiber: 2.02g (8.07%), Vitamin A: 395.95IU (7.92%), Zinc: 1.07mg (7.15%), Vitamin B6: 0.13mg (6.43%), Vitamin B5: 0.61mg (6.09%), Vitamin E: 0.75mg (4.97%), Vitamin B3: 0.93mg (4.65%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.16µg (2.7%)