



Mango Blueberry Muffins With Coconut Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup mangos diced peeled seeded

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons coconut or sweetened flaked chopped
- ☐ 0.5 cup butter unsalted
- ☐ 1.3 cups sugar white

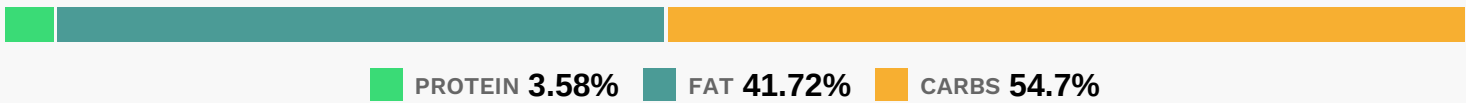
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease 16 muffin cups or line with paper muffin liners.
- ☐ Combine 1/4 cup flour, the cinnamon, 1 tablespoon sugar, the coconut, and 1 pinch of salt in a small bowl.
- ☐ Mix in 2 tablespoons of butter until completely incorporated into the flour; set aside.
- ☐ Beat the unsalted butter, 1 1/4 cups sugar, and 1/2 teaspoon of salt with an electric mixer in a large bowl until smooth. Beat the first egg into the butter until completely blended before adding the second; continue mixing until light and fluffy.
- ☐ Combine 1 3/4 cups of flour with the baking powder. Stir into the butter mixture alternately with the buttermilk. Toss the blueberries with 1/4 cup of flour; stir into the batter along with the mango. Scoop the batter into the prepared muffin tins; sprinkle with the coconut streusel.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:13.39, Inflammation Score:-3, Nutrition Score:2.6978260745173%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.09kcal (7.75%), Fat: 7.44g (11.45%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 21.22g (7.72%), Sugar: 19.34g (21.49%), Cholesterol: 36.54mg (12.18%), Sodium: 150.43mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin A: 336.02IU (6.72%), Vitamin C: 4.65mg (5.64%), Selenium: 3.31µg (4.73%), Calcium: 45.59mg (4.56%), Manganese: 0.09mg (4.3%), Phosphorus: 37.38mg (3.74%), Vitamin B2: 0.06mg (3.6%), Folate: 11.82µg (2.96%), Fiber: 0.73g (2.93%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.31µg (2.09%), Iron: 0.34mg (1.89%), Vitamin B1: 0.03mg (1.88%), Copper: 0.04mg (1.8%), Vitamin B5: 0.17mg (1.65%), Potassium: 56.53mg (1.62%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.55%), Vitamin B3: 0.26mg (1.28%), Magnesium: 5.14mg (1.28%), Zinc: 0.17mg (1.1%)