



## Mini Blueberry Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



100

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup blueberries fresh ()
- 0.5 teaspoon cinnamon
- 2 large eggs
- 2.3 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 1.3 cups sugar

- 1 teaspoon vanilla extract
- 0.7 cup vegetable oil

## Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

## Directions

- Preheat oven to 375F. Mist 2 24-cup miniature-muffin tins with cooking spray.
- In a bowl, mix flour, baking powder, cinnamon and salt. In a separate bowl, whisk eggs, milk, oil, sugar and vanilla. Stir dry ingredients gently into milk mixture. Fold in berries.
- Spoon batter into muffin tins so they're 3/4 full.
- Bake until a toothpick inserted into center of a muffin comes out clean, 15 to 20 minutes.
- Let cool in pans on wire racks for 5 minutes, then turn muffins out onto racks.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:0.65304347678371%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.02mg,

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## **Nutrients (% of daily need)**

Calories: 25.98kcal (1.3%), Fat: 0.48g (0.75%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.75g (3.05%), Cholesterol: 3.94mg (1.31%), Sodium: 20.2mg (0.88%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.49g (0.98%), Selenium: 1.31µg (1.87%), Vitamin B1: 0.02mg (1.6%), Folate: 5.71µg (1.43%), Manganese: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.3%)