



Mixed Berry Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cups flour
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 pinch salt
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon vanilla extract

- ☐ 1 eggs
- ☐ 0.8 cup poached berries cleaned

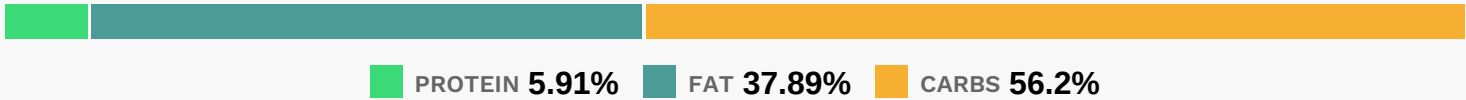
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400° F.
- ☐ Line jumbo muffin pan with paper liners.
- ☐ In a medium bowl, combine flour, sugar, baking powder, baking soda and salt with wire whisk.
- ☐ Make a well in the center of dry ingredients and add buttermilk, oil, extract and eggs. Stir just until combined.
- ☐ Fold in berries.
- ☐ Fill muffin liners 2/3 full with batter.
- ☐ Bake for 22– 25 minutes for jumbo muffins or until a toothpick comes out clean.
- ☐ Remove from muffin tray and cool on a rack.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:23.61, Inflammation Score:-2, Nutrition Score:5.9104347928711%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 254.38kcal (12.72%), Fat: 10.82g (16.65%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 35.03g (12.74%), Sugar: 19.37g (21.52%), Cholesterol: 29.48mg (9.83%), Sodium: 154.95mg (6.74%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.8g (7.6%), Vitamin K: 20.03µg (19.07%), Selenium: 10.17µg (14.54%), Vitamin B1: 0.18mg (12.14%), Folate: 43.93µg (10.98%), Vitamin B2: 0.18mg (10.68%), Manganese: 0.17mg (8.75%), Calcium: 71.16mg (7.12%), Phosphorus: 70.78mg (7.08%), Vitamin B3: 1.36mg (6.78%), Iron: 1.22mg (6.78%), Vitamin E: 0.94mg (6.26%), Fiber: 1.09g (4.35%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.16µg (2.62%), Copper: 0.05mg (2.41%), Zinc: 0.33mg (2.21%), Magnesium: 8.65mg (2.16%), Potassium: 70.84mg (2.02%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 81.51IU (1.63%)