



My Favorite Blueberry Muffin

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking powder – 10 ml
- ☐ 1 cup blueberries fresh
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups granulated sugar – 240 grams
- ☐ 0.5 teaspoon salt – 2 ml
- ☐ 8 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract – 5 ml

☐ 0.5 cup yogurt – 110 grams plain

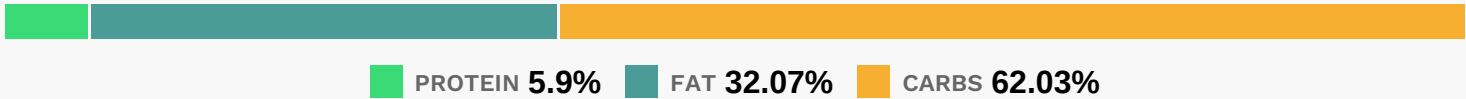
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 C). Line 12 muffin cups with paper liners.
- ☐ Mix the flour, baking powder and salt together and set aside.Cream the butter and sugar using high speed of an electric mixer. Beat in the eggs, one at a time, beating 30 seconds after each egg. Beat in the vanilla. Scrape sides of bowl and stir in the yogurt.Gradually add the flour mixture, stirring just until mixed, then stir in the berries.
- ☐ Bake on center rack for 27–30 minutes or until muffins are golden brown.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:26.9, Inflammation Score:-3, Nutrition Score:5.0560869289481%

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 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: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 249.45kcal (12.47%), Fat: 9.01g (13.86%), Saturated Fat: 5.3g (33.16%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 38.34g (13.94%), Sugar: 22.63g (25.15%), Cholesterol: 52.39mg (17.46%), Sodium: 185.9mg (8.08%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.73g (7.45%), Selenium: 10.08µg (14.4%), Vitamin B1: 0.17mg (11.66%), Folate: 43.78µg (10.94%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.19mg (9.43%), Iron: 1.24mg (6.88%), Phosphorus: 67.04mg (6.7%), Vitamin B3: 1.3mg (6.5%), Calcium: 62.6mg (6.26%), Vitamin A: 295.01IU (5.9%), Fiber: 0.86g (3.44%), Vitamin K: 3.14µg (2.99%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.39mg (2.62%), Copper: 0.05mg (2.36%), Zinc: 0.34mg (2.3%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.32µg (2.11%), Magnesium: 7.96mg (1.99%), Potassium: 62.41mg (1.78%), Vitamin B6: 0.03mg (1.67%), Vitamin C: 1.25mg (1.51%)