



WHATSheATE



Old-Fashioned Wild Blueberry Muffins



Dairy Free



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 teaspoons apple cider vinegar



1 tablespoon double-acting baking powder



0.3 cup brown sugar



2.5 tablespoons coconut oil melted



4 ounces egg substitute



0.3 cup tablespoon granulated sugar divided



0.5 teaspoon ground cinnamon



0.3 teaspoon salt

- ☐ 1.5 cups flour whole wheat all-purpose for all or part (can substitute pastry flour)
- ☐ 2 cups blueberries wild

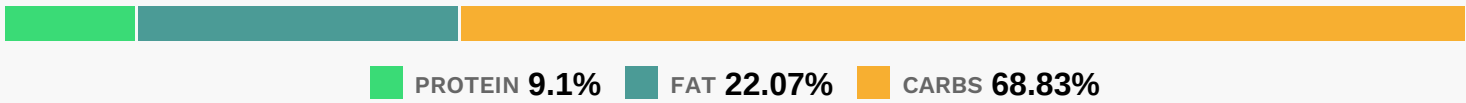
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat your oven to 400° and grease 12 muffin cups or line them with cupcake liners.
- ☐ Combine the flour, baking powder and salt in a large bowl.In a separate bowl, whisk together the brown sugar, 1/4 cup of the white sugar, lemon or vinegar with the milk alternative, egg substitute and oil.
- ☐ Add the wet mixture to the flour mixture and gently mix just to combine. Be careful not to overmix.Fold in the blueberries.
- ☐ Combine the remaining 1 tablespoon sugar and cinnamon in a small dish.Divide the batter between the prepared muffin cups and sprinkle each muffin with the sugar-cinnamon mixture.
- ☐ Bake for 18 to 22 minutes or until firm to the touch.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:4.37, Inflammation Score:-2, Nutrition Score:6.0456521018692%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 128.26kcal (6.41%), Fat: 3.36g (5.17%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.34g (7.76%), Sugar: 11.32g (12.57%), Cholesterol: 0mg (0%), Sodium: 175.17mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 0.71mg (35.67%), Selenium: 13.28µg (18.98%), Fiber: 2.24g (8.97%), Phosphorus: 85.53mg (8.55%), Calcium: 77.04mg (7.7%), Vitamin B1: 0.1mg (6.39%), Magnesium: 24.22mg (6.06%), Iron: 0.95mg (5.29%), Vitamin K: 5.11µg (4.86%), Vitamin B6: 0.09mg (4.42%), Vitamin B3: 0.87mg (4.33%), Vitamin B2: 0.07mg (4.25%), Copper: 0.08mg (4.03%), Zinc: 0.53mg (3.51%), Vitamin C: 2.44mg (2.96%), Potassium: 100.93mg (2.88%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.4mg (2.68%), Folate: 9.64µg (2.41%), Vitamin D: 0.15µg (1.01%)