



Orange Blueberry Muffins

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups blueberries fresh
- 1 cup canola oil
- 3 eggs beaten
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup oatmeal uncooked

- 1 cup orange juice
- 1 tablespoon orange zest grated
- 1 teaspoon salt
- 0.3 cup sugar
- 0.5 cup walnut pieces finely chopped

Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Combine the oatmeal and orange juice; set aside.
- In a large bowl, combine the flour, sugar, baking powder, salt and soda. Make a well in the center of the dry ingredients and add oatmeal mixture, oil and eggs. Stir just until ingredients are moistened. Carefully fold in berries and orange peel.
- Fill greased muffin cups three-fourths full.
- Combine walnuts, sugar and cinnamon.
- Sprinkle over top.
- Bake at 400° for 15 minutes or until a toothpick inserted in the center comes out clean.
- Serve warm.

Nutrition Facts



PROTEIN 9.66% **FAT 30.72%** **CARBS 59.62%**

Properties

Glycemic Index:17.27, Glycemic Load:12.37, Inflammation Score:-2, Nutrition Score:4.8726087730864%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Petunidin: 2.92mg, 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, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 125.5kcal (6.28%), Fat: 4.34g (6.68%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.9g (6.51%), Sugar: 4.72g (5.24%), Cholesterol: 20.46mg (6.82%), Sodium: 199.16mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.3mg (14.76%), Selenium: 7.67µg (10.96%), Vitamin B1: 0.15mg (10.24%), Folate: 37.89µg (9.47%), Vitamin C: 6.44mg (7.8%), Vitamin B2: 0.12mg (6.78%), Iron: 1.11mg (6.17%), Phosphorus: 61.26mg (6.13%), Vitamin B3: 1.06mg (5.3%), Calcium: 50.88mg (5.09%), Fiber: 1.07g (4.26%), Copper: 0.08mg (4.15%), Vitamin E: 0.48mg (3.19%), Vitamin K: 3.31µg (3.15%), Magnesium: 12.55mg (3.14%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.23mg (2.3%), Potassium: 70.75mg (2.02%), Vitamin B6: 0.04mg (1.97%), Vitamin A: 57.15IU (1.14%)