



WHATSheATE



Single-Serving Blueberry Muffin



Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tbsp agave nectar
- ☐ 0.3 tsp double-acting baking powder
- ☐ 1.5 tbsp blueberries frozen rinsed
- ☐ 0.3 tsp lemon extract
- ☐ 1 tbsp plant-based milk
- ☐ 1 tbsp sugar raw
- ☐ 3 tbsp pastry flour whole wheat

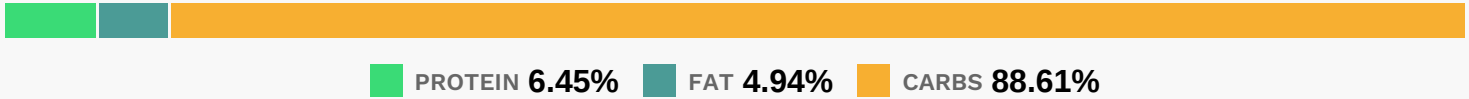
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F. Grease a single muffin cup (or use a Reynolds tinfoil liner) and set aside.
 - ☐ Add all ingredients in order to a small mixing bowl, then stir until completely combined.
 - ☐ Transfer to muffin cup and bake 15–20 minutes, or until a toothpick inserted into the center comes out clean.
- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 60g
 - ☐ Carbohydrate
 - ☐ 10gDietary Fiber3.60gSugars28.90gProtein2.70g

Nutrition Facts



Properties

Glycemic Index:185, Glycemic Load:4.03, Inflammation Score:-3, Nutrition Score:8.0117391192395%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 7.85mg, Delphinidin: 7.85mg, Delphinidin: 7.85mg, Delphinidin: 7.85mg Malvidin: 14.98mg, Malvidin: 14.98mg, Malvidin: 14.98mg, Malvidin: 14.98mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 206.63kcal (10.33%), Fat: 1.17g (1.8%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 44.54g (16.2%), Sugar: 29.2g (32.44%), Cholesterol: 1.8mg (0.6%), Sodium: 129.44mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Manganese: 0.94mg (46.79%), Selenium: 13.64µg (19.49%), Phosphorus: 118.31mg (11.83%), Fiber: 2.82g (11.29%), Vitamin B1: 0.15mg (9.84%), Calcium: 96.14mg (9.61%), Vitamin K: 9.45µg (9%), Magnesium: 32.66mg (8.17%), Vitamin B6: 0.16mg (7.76%), Vitamin C: 5.72mg (6.93%), Vitamin B3: 1.29mg (6.47%), Vitamin B2: 0.1mg (5.83%), Iron: 1.01mg (5.6%), Copper: 0.1mg (5.1%), Zinc: 0.65mg (4.33%), Folate: 16.87µg (4.22%), Potassium: 120.35mg (3.44%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)