

Sour Cream Blueberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix
- 1 cup blueberries fresh
- 2 eggs
- 8 ounces cream sour
- 0.8 cup sugar divided

Equipment

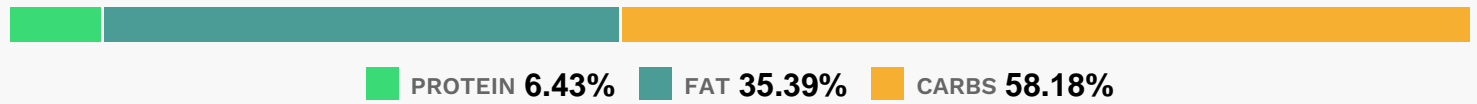
- bowl
- frying pan

- oven
- wire rack
- toothpicks
- muffin liners

Directions

- In a large bowl, combine the biscuit mix and 3/4 cup sugar. In a small bowl, combine eggs and sour cream; stir into the dry ingredients just until combined. Fold in blueberries.
- Fill greased muffin cups three-fourths full.
- Sprinkle with remaining sugar.
- Bake at 375° for 20–25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:9.32, Inflammation Score:-2, Nutrition Score:4.30956519686666%

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: 188.66kcal (9.43%), Fat: 7.52g (11.58%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 27.11g (9.86%), Sugar: 16.7g (18.56%), Cholesterol: 38.83mg (12.94%), Sodium: 271.72mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Phosphorus: 147.36mg (14.74%), Vitamin B2:

0.16mg (9.42%), Vitamin B1: 0.13mg (8.42%), Folate: 30.32µg (7.58%), Selenium: 4.54µg (6.48%), Calcium: 59.86mg (5.99%), Manganese: 0.11mg (5.7%), Vitamin B3: 0.98mg (4.92%), Iron: 0.74mg (4.09%), Vitamin K: 3.99µg (3.8%), Vitamin B5: 0.37mg (3.68%), Vitamin A: 164.8IU (3.3%), Vitamin B12: 0.18µg (3.05%), Fiber: 0.72g (2.86%), Copper: 0.05mg (2.37%), Potassium: 76.09mg (2.17%), Magnesium: 8.51mg (2.13%), Vitamin B6: 0.04mg (2.09%), Zinc: 0.3mg (1.99%), Vitamin C: 1.43mg (1.73%), Vitamin E: 0.25mg (1.63%)