



Spiced Blueberry Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup milk
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 0.3 cup sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup blueberries fresh

☐ 2 cups frangelico

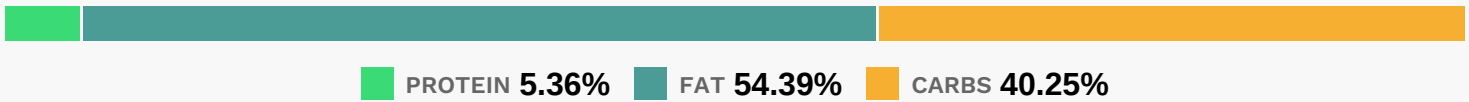
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In large bowl, mix all ingredients except blueberries. Gently fold in blueberries. Divide batter evenly among muffin cups.
- ☐ Bake 17 to 20 minutes or until golden brown.
- ☐ Remove from pan to cooling rack.
- ☐ Serve warm, if desired.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:4.58, Inflammation Score:-2, Nutrition Score:1.5060869351677%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 74.85kcal (3.74%), Fat: 4.66g (7.17%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.45g (2.71%), Sugar: 7.15g (7.94%), Cholesterol: 15.27mg (5.09%), Sodium: 55.14mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin A: 216.35IU (4.33%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.04mg (2.49%), Phosphorus: 23.46mg (2.35%), Calcium: 22.18mg (2.22%), Selenium: 1.48µg (2.11%), Vitamin B12: 0.11µg (1.84%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.25mg (1.65%), Vitamin D: 0.22µg (1.48%), Fiber: 0.31g (1.24%), Vitamin B5: 0.12mg (1.23%), Vitamin C: 0.91mg (1.11%), Potassium: 36.4mg (1.04%), Vitamin B6: 0.02mg (1.03%)