



Streusel Berry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons flour all-purpose
- 2 tablespoons granulated sugar
- 2 tablespoons nuts toasted finely chopped
- 2 tablespoons butter firm
- 1 eggs
- 0.5 cup milk
- 0.5 cup butter melted
- 1.8 cups flour all-purpose
- 0.3 cup granulated sugar

- 0.3 cup brown sugar packed
- 2 teaspoons double-acting baking powder
- 1.5 teaspoons lemon zest grated
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.5 cup raspberries fresh
- 0.5 cup blackberries fresh

Equipment

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

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or spray, or line with paper baking cups.
- In small bowl, mix 3 tablespoons flour, 2 tablespoons sugar and the nuts.
- Cut in 2 tablespoons firm butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Set aside.
- In large bowl, beat egg with fork. Stir in milk and 1/2 cup melted butter. Stir in remaining muffin ingredients except berries just until flour is moistened. Fold in berries. Divide batter evenly among muffin cups.
- Sprinkle with topping.
- Bake 20 to 25 minutes or until golden brown. Cool 5 minutes; remove from pan to cooling rack.
- Serve warm or cool.

Nutrition Facts

PROTEIN 5.97% FAT 44.31% CARBS 49.72%

Properties

Glycemic Index:42.15, Glycemic Load:15.97, Inflammation Score:-5, Nutrition Score:5.4900000095367%

Flavonoids

Cyanidin: 8.29mg, Cyanidin: 8.29mg, Cyanidin: 8.29mg, Cyanidin: 8.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 226.43kcal (11.32%), Fat: 11.31g (17.39%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.09g (9.85%), Sugar: 11.68g (12.98%), Cholesterol: 14.86mg (4.95%), Sodium: 289.92mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Manganese: 0.28mg (13.79%), Selenium: 8.27µg (11.81%), Vitamin B1: 0.17mg (11.5%), Folate: 42.1µg (10.53%), Vitamin A: 473.41IU (9.47%), Vitamin B2: 0.14mg (8.39%), Calcium: 70.37mg (7.04%), Iron: 1.26mg (6.98%), Vitamin B3: 1.36mg (6.79%), Phosphorus: 66.9mg (6.69%), Fiber: 1.45g (5.81%), Vitamin E: 0.54mg (3.6%), Copper: 0.07mg (3.55%), Vitamin C: 2.93mg (3.55%), Magnesium: 13.22mg (3.3%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.35mg (2.35%), Potassium: 81.48mg (2.33%), Vitamin B6: 0.03mg (1.72%), Vitamin B12: 0.1µg (1.66%), Vitamin K: 1.73µg (1.65%), Vitamin D: 0.19µg (1.23%)