



Streusel Topped Blueberry Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh thaw (do not)
- ☐ 4.5 teaspoons butter cold
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 7.5 teaspoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.8 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil

Equipment

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

Directions

- ☐ Heat oven to 400F. Spray 10 regular-size muffin cups with cooking spray.
- ☐ In small bowl, mix 1/4 cup of the sugar, 7 1/2 teaspoons flour and the cinnamon.
- ☐ Cut in butter, using pastry blender or fork, until mixture is crumbly; set aside.
- ☐ In medium bowl, mix 1 1/4 cups flour, remaining 1/2 cup sugar, the cornmeal, baking powder, salt and lemon peel; make well in center of mixture. In small bowl, beat egg, milk and oil; add to cornmeal mixture, stirring just until moistened.
- ☐ Gently toss blueberries with 1 tablespoon flour and 1 tablespoon sugar; fold into batter. Divide batter evenly among muffin cups; sprinkle with reserved cinnamon mixture.
- ☐ Bake 20 minutes or until tops spring back when touched lightly in center. Immediately remove from pan to cooling rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:59.02, Glycemic Load:22.52, Inflammation Score:-2, Nutrition Score:5.3447825753171%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 10.37g (15.96%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 32.33g (11.75%), Sugar: 18.6g (20.66%), Cholesterol: 23.4mg (7.8%), Sodium: 329.96mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin K: 16.51µg (15.73%), Selenium: 7.9µg (11.28%), Vitamin B1: 0.16mg (10.54%), Calcium: 100.63mg (10.06%), Manganese: 0.18mg (9.18%), Folate: 35.76µg (8.94%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 75.16mg (7.52%), Iron: 1.1mg (6.1%), Vitamin B3: 1.14mg (5.71%), Vitamin E: 0.8mg (5.32%), Fiber: 0.89g (3.55%), Vitamin A: 117.87IU (2.36%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.14µg (2.36%), Vitamin C: 1.7mg (2.06%), Magnesium: 7.98mg (1.99%), Copper: 0.04mg (1.96%), Vitamin D: 0.29µg (1.93%), Zinc: 0.29mg (1.91%), Potassium: 65.72mg (1.88%), Vitamin B6: 0.03mg (1.73%)