



Streusel-Topped Blueberry Muffins

READY IN



50 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh frozen canned drained ()
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter cold
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

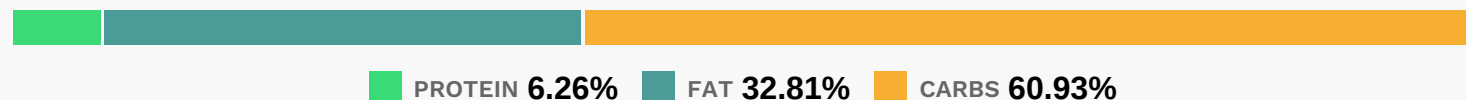
Equipment

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

Directions

- ☐ Heat oven to 400°F. Line 12 regular-size muffin cups with paper baking cups, or spray bottoms only of cups with cooking spray.
- ☐ In medium bowl, stir 1/4 cup flour, the brown sugar and cinnamon until mixed.
- ☐ Cut in butter, using pastry blender or fork, until mixture is crumbly; set aside.
- ☐ In large bowl, beat milk, oil and egg with fork or wire whisk until blended.
- ☐ Add 2 cups flour, the granulated sugar, baking powder and salt all at once; stir just until flour is moistened (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.
- ☐ Sprinkle each with about 1 tablespoon streusel.
- ☐ Bake 20 to 25 minutes or until golden brown. If muffins were baked in paper baking cups, immediately remove from pan to cooling rack. If muffins were baked in sprayed pan, leave in pan about 5 minutes, then remove from pan to cooling rack.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:18.36, Inflammation Score:-3, Nutrition Score:5.0604348079018%

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: 204.14kcal (10.21%), Fat: 7.53g (11.58%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 30.58g (11.12%), Sugar: 14.8g (16.44%), Cholesterol: 15.47mg (5.16%), Sodium: 202.48mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Selenium: 8.6µg (12.28%), Vitamin B1: 0.18mg (11.89%), Vitamin K: 10.86µg (10.35%), Folate: 40.66µg (10.16%), Manganese: 0.2mg (9.8%), Vitamin B2: 0.15mg (8.72%), Calcium: 68.91mg (6.89%), Iron: 1.18mg (6.56%), Vitamin B3: 1.31mg (6.53%), Phosphorus: 62mg (6.2%), Vitamin E: 0.57mg (3.82%), Fiber: 0.88g (3.53%), Vitamin A: 134.75IU (2.7%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (2.14%), Magnesium: 8.28mg (2.07%), Vitamin B12: 0.12µg (1.96%), Potassium: 67.3mg (1.92%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.66%), Vitamin D: 0.24µg (1.61%), Vitamin C: 1.2mg (1.46%)