



WHATSheATE



To Die For Blueberry Muffins



Vegetarian



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup butter cubed
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

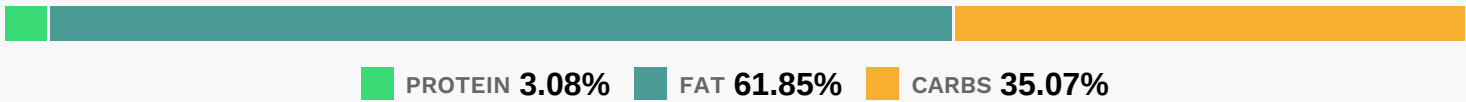
Equipment

- ☐ oven
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners.
- ☐ Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder.
- ☐ Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup.
- ☐ Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.
- ☐ Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon.
- ☐ Mix with fork, and sprinkle over muffins before baking.
- ☐ Bake for 20 to 25 minutes in the preheated oven, or until done.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:12.94, Inflammation Score:-2, Nutrition Score:4.0352174250976%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 224.21kcal (11.21%), Fat: 15.84g (24.37%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 19.42g (7.06%), Sugar: 14.85g (16.5%), Cholesterol: 36.93mg (12.31%), Sodium: 309.08mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin K: 20.95µg (19.95%), Manganese: 0.17mg (8.31%), Calcium: 81.91mg (8.19%), Vitamin E: 1.09mg (7.25%), Selenium: 3.83µg (5.47%), Phosphorus: 52.86mg (5.29%), Vitamin A: 234.54IU (4.69%), Vitamin B2: 0.08mg (4.55%), Vitamin B1: 0.06mg (3.74%), Folate: 13.46µg (3.37%), Fiber: 0.79g (3.14%), Iron: 0.54mg (3.01%), Vitamin C: 1.81mg (2.19%), Vitamin B3: 0.41mg (2.04%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.18mg (1.77%), Vitamin D: 0.22µg (1.48%), Vitamin B6: 0.03mg (1.41%), Potassium: 46.46mg (1.33%), Zinc: 0.19mg (1.29%), Copper: 0.02mg (1.22%), Magnesium: 4.78mg (1.19%)