



Whole-Grain Blackberry Spice Muffins

READY IN



45 min.

SERVINGS



17

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon apple-pie spice
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups blackberries frozen coarsely chopped
- ☐ 3 tablespoons butter melted
- ☐ 1 cup brown sugar dark packed
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup milk fat-free
- ☐ 9 ounces flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

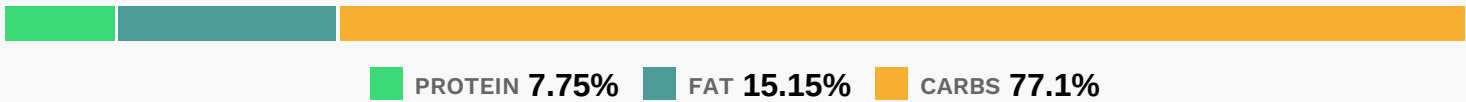
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (through apple-pie spice) in a large bowl. Make a well in center of mixture.
- ☐ Combine milk, butter, vanilla, and egg in a small bowl; add to flour mixture, stirring until just moist. Gently stir in blackberries.
- ☐ Spoon 1/4 cup batter into each of 17 paper-lined muffin cups coated with cooking spray.
- ☐ Bake at 400 for 16 minutes.
- ☐ Sprinkle muffins evenly with granulated sugar; bake 3 minutes or until muffins spring back when touched lightly in center. Cool in pans 10 minutes on wire racks.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:5.155217455781%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 166.56kcal (8.33%), Fat: 2.83g (4.36%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 30.85g (11.22%), Sugar: 16.97g (18.86%), Cholesterol: 16.69mg (5.56%), Sodium: 168.39mg (7.32%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 3.26g (6.52%), Manganese: 0.38mg (18.87%), Selenium: 7.91µg (11.3%), Vitamin B1: 0.15mg (10.12%), Folate: 34.06µg (8.51%), Vitamin B2: 0.12mg (6.99%), Phosphorus: 68.73mg (6.87%), Iron: 1.17mg (6.53%), Fiber: 1.57g (6.28%), Calcium: 61.66mg (6.17%), Vitamin B3: 1.06mg (5.29%), Magnesium: 15.93mg (3.98%), Copper: 0.07mg (3.52%), Vitamin C: 2.68mg (3.25%), Zinc: 0.46mg (3.05%), Potassium: 100.72mg (2.88%), Vitamin K: 2.85µg (2.72%), Vitamin B5: 0.27mg (2.71%), Vitamin A: 134.37IU (2.69%), Vitamin B12: 0.11µg (1.9%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.71%), Vitamin D: 0.22µg (1.45%)