



Whole Grain Blueberry Muffins

READY IN



40 min.

SERVINGS



10

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup oat bran
- 1 cup rolled oats
- 1 cup pastry flour whole wheat
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon cinnamon
- 0.3 cup blackstrap molasses
- 0.3 cup egg substitute whole
- 1 cup buttermilk

- 0.3 cup cooking oil
- 1.5 cups blueberries washed

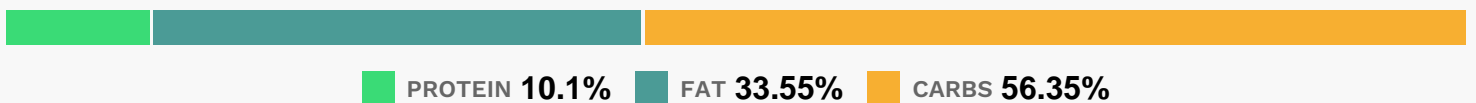
Equipment

- bowl
- oven
- blender
- muffin tray

Directions

- Preheat oven to 400 degrees.
- Place the oats in blender container and process until fine flour.
- In a medium bowl, thoroughly mix oat flour, oat bran and pastry flour; stir in baking powder and soda.
- In a separate bowl, mix together the egg substitute, buttermilk and oil.
- Add the wet ingredients to the flour all at once and stir to moisten.
- Gently stir in rinsed and drained berries and spoon batter into muffin tins that have been sprayed with non-stick cooking spray.
- Bake in preheated oven for 25 minutes or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:30.65, Glycemic Load:7.94, Inflammation Score:-4, Nutrition Score:10.980869402056%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin:

0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 191.31kcal (9.57%), Fat: 7.73g (11.89%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 25.59g (9.31%), Sugar: 10.01g (11.13%), Cholesterol: 2.64mg (0.88%), Sodium: 180.98mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Manganese: 1.34mg (67.13%), Selenium: 17.36µg (24.81%), Phosphorus: 167.71mg (16.77%), Magnesium: 67.03mg (16.76%), Fiber: 3.61g (14.46%), Vitamin B1: 0.2mg (13.19%), Calcium: 110.37mg (11.04%), Iron: 1.78mg (9.91%), Vitamin E: 1.4mg (9.34%), Vitamin K: 8.97µg (8.55%), Potassium: 292.74mg (8.36%), Copper: 0.17mg (8.33%), Vitamin B6: 0.15mg (7.58%), Vitamin B2: 0.12mg (7.02%), Zinc: 1.01mg (6.7%), Vitamin B5: 0.54mg (5.39%), Vitamin B3: 0.94mg (4.72%), Folate: 14.49µg (3.62%), Vitamin D: 0.41µg (2.72%), Vitamin C: 2.19mg (2.65%), Vitamin B12: 0.13µg (2.18%), Vitamin A: 66.46IU (1.33%)