



## Whole-Wheat-and-Almond Blueberry Muffins with Streusel Topping

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups blueberries fresh frozen thaw ( 11 ounces; no need to berries)
- 0.3 cup t brown sugar dark packed
- 2 large eggs at room temperature
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.8 teaspoon salt fine

- 2.5 ounces slivered almonds
- 8 tablespoons butter unsalted melted plus more for coating the pan if needed (1 stick)
- 1 teaspoon vanilla extract
- 0.5 cup milk whole at room temperature
- 0.8 cup flour whole-wheat

## Equipment

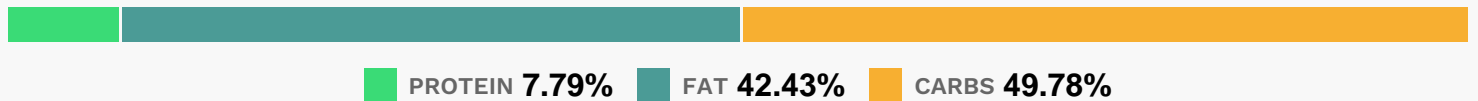
- food processor
- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- toothpicks
- muffin liners
- muffin tray

## Directions

- Place the almonds in a food processor fitted with a blade attachment and pulse until coarsely chopped, about 15 (1-second) pulses.
- Whisk the flour, sugar, and salt in a medium bowl until combined.
- Add the butter and, using a pastry blender or your fingers, cut it into the flour mixture until it's in pea-size pieces or smaller, about 4 minutes.
- Heat the oven to 375°F and arrange a rack in the middle.
- Place cupcake liners in a 12-well muffin pan; alternatively, coat the wells with butter. Set the pan aside.
- Whisk the flours, baking powder, and salt together in a large bowl to break up any lumps and aerate the mixture; set aside.

- Place the almonds and sugars in the food processor and pulse until they resemble the texture of medium-ground cornmeal, about 30 (1-second) pulses.
- Transfer to a medium bowl.
- Add the melted butter, milk, eggs, and vanilla and whisk until evenly combined.
- Add the butter-sugar mixture and the blueberries to the reserved flour mixture and stir until just evenly mixed, about 30 strokes. (A few lumps will remain, but don't overmix—the batter will be thick but the ingredients should be evenly incorporated.) Divide the batter among the muffin wells (the wells will be very full). Evenly sprinkle all of the reserved streusel topping over the muffins.
- Bake until a toothpick inserted in the center comes out clean and the streusel is golden brown, about 22 to 25 minutes.
- Let the muffins cool in the pan on a wire rack for 5 minutes.
- Remove from the pan and serve warm or at room temperature.

## Nutrition Facts



### Properties

Glycemic Index:27.09, Glycemic Load:13.16, Inflammation Score:-4, Nutrition Score:7.9304347971211%

### Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 12.03g (18.51%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 29.35g (10.67%), Sugar: 16.1g (17.89%), Cholesterol: 52.29mg (17.43%), Sodium: 234.79mg (10.21%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.97g (9.94%), Manganese: 0.6mg (30.07%), Selenium: 11.38µg (16.26%), Vitamin E: 2.02mg (13.47%), Vitamin B2: 0.2mg (11.67%), Phosphorus: 113.21mg (11.32%), Vitamin B1: 0.15mg (10.01%), Fiber: 2.42g (9.66%), Calcium: 84.08mg (8.41%), Magnesium: 33.04mg (8.26%), Folate: 30.68µg (7.67%), Iron: 1.3mg (7.23%), Vitamin B3: 1.33mg (6.65%), Copper: 0.13mg (6.57%), Vitamin A: 308.76IU (6.18%), Vitamin K: 5.64µg (5.37%), Zinc: 0.65mg (4.35%), Vitamin B6: 0.08mg (3.93%), Potassium: 136.57mg (3.9%), Vitamin B5: 0.33mg (3.31%), Vitamin C: 2.39mg (2.9%), Vitamin D: 0.42µg (2.79%), Vitamin B12: 0.14µg (2.42%)