



Whole Wheat-Blueberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup honey
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup flour whole wheat

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup blueberries frozen organic thaw cascadian farm® (from 8-oz bag)

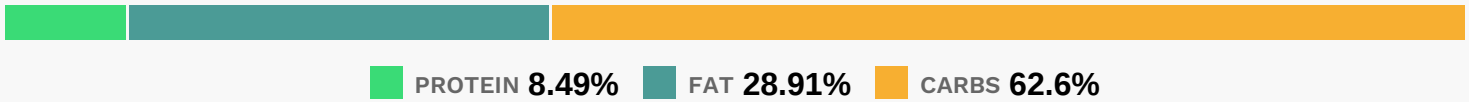
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray, or place paper baking cup in each muffin cup. In small bowl, mix brown sugar and cinnamon; set aside.
- ☐ In large bowl, beat milk, oil, honey and egg with spoon. Stir in flours, baking powder and salt just until flours are moistened (batter will be lumpy). Gently fold in blueberries.
- ☐ Divide batter evenly among muffin cups (cups will be full).
- ☐ Sprinkle with brown sugar mixture.
- ☐ Bake about 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:9.88, Inflammation Score:-2, Nutrition Score:6.2465217009835%

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

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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 159.25kcal (7.96%), Fat: 5.3g (8.15%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 24.12g (8.77%), Sugar: 9.82g (10.92%), Cholesterol: 14.1mg (4.7%), Sodium: 215.76mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Manganese: 0.54mg (26.76%), Selenium: 11.24µg (16.06%), Vitamin K: 10.98µg (10.45%), Vitamin B1: 0.15mg (9.77%), Phosphorus: 94.37mg (9.44%), Calcium: 89.29mg (8.93%), Fiber: 1.69g (6.74%), Vitamin B2: 0.11mg (6.62%), Folate: 26.4µg (6.6%), Iron: 1.1mg (6.12%), Vitamin B3: 1.19mg (5.97%), Magnesium: 19.63mg (4.91%), Vitamin E: 0.56mg (3.72%), Copper: 0.07mg (3.49%), Vitamin B6: 0.07mg (3.47%), Zinc: 0.49mg (3.24%), Potassium: 94.31mg (2.69%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.24µg (1.61%), Vitamin C: 1.23mg (1.49%), Vitamin A: 58.72IU (1.17%)