

Whole Wheat Blueberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 pint blueberries fresh
- 1 eggs
- 0.3 cup milk
- 0.5 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 0.3 cup vegetable oil
- 0.8 cup granulated sugar white

1.5 cups flour whole wheat

Equipment

bowl

oven

whisk

toothpicks

muffin liners

Directions

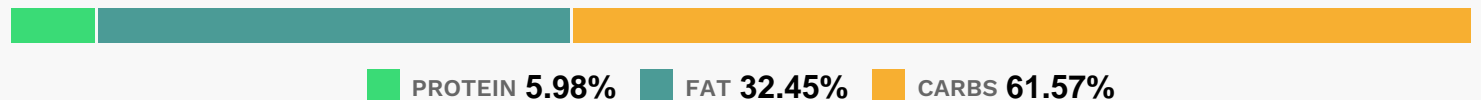
Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line with paper liners.

Whisk together the flour, sugar, salt, and baking powder in a large bowl.

Whisk vegetable oil, egg, milk, and applesauce together in a separate bowl until smooth, and stir the liquid ingredients into the flour mixture until moistened. Lightly stir in the blueberries. Spoon the batter into the prepared muffin cups, filling them 2/3 full.

Bake muffins in the preheated oven until they rise and the tops are golden brown, about 20 minutes. A toothpick inserted into the center of a muffin should come out clean.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:10.92, Inflammation Score:-3, Nutrition Score:6.8217392071434%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Petunidin: 12.43mg, Petunidin: 12.43mg, Petunidin: 12.43mg, Petunidin: 12.43mg Delphinidin: 13.97mg, Delphinidin: 13.97mg, Delphinidin: 13.97mg, Delphinidin: 13.97mg Malvidin: 26.65mg, Malvidin: 26.65mg, Malvidin: 26.65mg, Malvidin: 26.65mg Peonidin: 8mg, Peonidin: 8mg, Peonidin: 8mg, Peonidin: 8mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg

Kaempferol: 0.65mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 189.07kcal (9.45%), Fat: 7.18g (11.04%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 27.97g (10.17%), Sugar: 17.76g (19.73%), Cholesterol: 14.45mg (4.82%), Sodium: 176.37mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Manganese: 0.75mg (37.36%), Vitamin K: 19.11µg (18.2%), Selenium: 10.67µg (15.24%), Fiber: 2.66g (10.66%), Phosphorus: 87.5mg (8.75%), Vitamin B1: 0.1mg (6.52%), Magnesium: 24.66mg (6.16%), Vitamin E: 0.88mg (5.9%), Calcium: 57.62mg (5.76%), Vitamin C: 3.93mg (4.76%), Vitamin B6: 0.09mg (4.73%), Vitamin B3: 0.93mg (4.63%), Iron: 0.82mg (4.55%), Copper: 0.09mg (4.52%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.53mg (3.55%), Potassium: 107.97mg (3.08%), Folate: 10.99µg (2.75%), Vitamin B5: 0.22mg (2.25%), Vitamin B12: 0.07µg (1.15%), Vitamin A: 56.37IU (1.13%)