



Whole Wheat Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 large banana very ripe
- 7 ounces blueberries fresh
- 1 cup butter melted
- 1.3 cup buttermilk
- 1 large eggs lightly beaten
- 0.5 cup brown sugar light

- 0.5 cup brown sugar light
- 1 teaspoon sugar raw
- 1 pinch sea salt fine
- 2 cups flour whole wheat

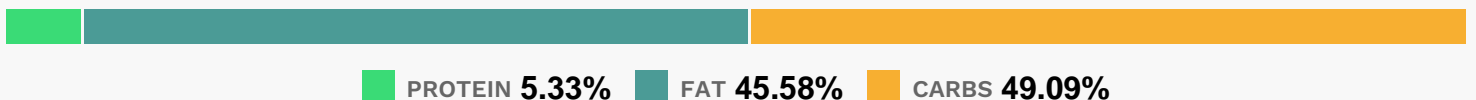
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees and line a muffin tin with paper or silicon cups. Peel bananas and mash them in a bowl. Set aside. In a large bowl, combine flour, baking powder, baking soda, salt and light brown sugar. Make a well in the center and add buttermilk, beaten egg, olive oil (or butter) and bananas.
- Combine until just mixed. Do not overmix!
- Add in blueberries and give a couple of stirs. Spoon batter into muffin cups until full and then sprinkle the tops with raw sugar.
- Bake for 20 - 25 minutes until golden brown.
- Let cool a few minutes in the pan and then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:9.0860869565217%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Petunidin: 5.21mg, Petunidin: 5.21mg, Petunidin: 5.21mg, Petunidin: 5.21mg Delphinidin: 5.86mg, Delphinidin: 5.86mg, Delphinidin: 5.86mg, Delphinidin: 5.86mg Malvidin: 11.18mg, Malvidin: 11.18mg, Malvidin: 11.18mg, Malvidin: 11.18mg Peonidin: 3.36mg, Peonidin: 3.36mg, Peonidin: 3.36mg, Peonidin: 3.36mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 7.31%, Sourness: 17.69%, Bitterness: 12.66%, Savoriness: 7.16%, Fattiness: 71.22%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 325.95kcal (16.3%), Fat: 17.19g (26.45%), Saturated Fat: 10.44g (65.28%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 38.55g (14.02%), Sugar: 23.86g (26.51%), Cholesterol: 58.92mg (19.64%), Sodium: 307.17mg (13.36%), Protein: 4.52g (9.04%), Manganese: 0.94mg (47.21%), Selenium: 15.22µg (21.74%), Fiber: 3.13g (12.51%), Phosphorus: 124.1mg (12.41%), Vitamin A: 561.71IU (11.23%), Magnesium: 39.68mg (9.92%), Vitamin B6: 0.2mg (9.87%), Calcium: 89.19mg (8.92%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.12mg (7.34%), Potassium: 235.1mg (6.72%), Copper: 0.13mg (6.35%), Vitamin B3: 1.26mg (6.32%), Iron: 1.1mg (6.09%), Vitamin E: 0.76mg (5.06%), Zinc: 0.75mg (5.01%), Vitamin K: 5.1µg (4.85%), Folate: 18.28µg (4.57%), Vitamin C: 3.58mg (4.33%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.18µg (3.07%), Vitamin D: 0.41µg (2.72%)