



Wild Berry-Oatmeal Cheesecake Muffins

 Vegetarian

READY IN



42 min.

SERVINGS



42

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp baking soda
- 1 cup poached berries mixed fresh (blackberries, blueberries and raspberries)
- 0.8 cup brown sugar packed
- 0.3 cup butter melted
- 1 cup buttermilk
- 1 tsp calumet baking powder
- 8 oz philadelphia cream cheese softened
- 1 eggs beaten

- 1 cup flour
- 0.3 cup granulated sugar
- 3 Tbsp orange zest
- 1 cup quick-cooking oats
- 0.5 tsp salt

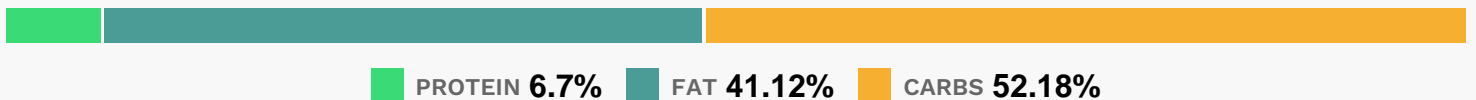
Equipment

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

Directions

- Heat oven to 350F.
- Combine oats and buttermilk in medium bowl; let stand 10 min.
- Meanwhile, mix cream cheese, granulated sugar and orange zest until blended; set aside.
- Combine flour, brown sugar, baking powder, baking soda and salt in large bowl.
- Add egg and butter to oat mixture; mix well.
- Add to flour mixture; stir just until moistened. Gently stir in berries.
- Spoon half the batter evenly into 18 paper-lined muffin cups; top with cream cheese mixture. Cover with remaining batter.
- Bake 23 to 25 min. or until toothpick inserted in centers comes out clean. Cool in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:9.76, Glycemic Load:3.41, Inflammation Score:-1, Nutrition Score:1.7343478332395%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 1.83mg, Malvidin: 1.83mg, Malvidin: 1.83mg, Malvidin: 1.83mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 73.5kcal (3.67%), Fat: 3.43g (5.28%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 9.4g (3.42%), Sugar: 5.83g (6.48%), Cholesterol: 12.88mg (4.29%), Sodium: 89.7mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.11mg (5.62%), Selenium: 2.74µg (3.91%), Phosphorus: 28.35mg (2.84%), Vitamin B2: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.66%), Calcium: 25.34mg (2.53%), Vitamin A: 124.87IU (2.5%), Folate: 7.8µg (1.95%), Magnesium: 7.74mg (1.94%), Iron: 0.31mg (1.7%), Fiber: 0.41g (1.63%), Vitamin B3: 0.23mg (1.15%), Vitamin B5: 0.11mg (1.09%), Zinc: 0.15mg (1.01%)