



## Wild Blueberry Lemon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups flour
- 2.5 teaspoons double-acting baking powder
- 14 servings butter
- 1 cup buttermilk
- 1 eggs
- 3 tablespoons juice of lemon fresh
- 0.3 teaspoon lemon zest
- 0.5 cup powdered sugar

- 0.8 teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups blueberries wild canned (of course you can use regular instead!)

## Equipment

- bowl
- oven
- whisk
- wire rack
- hand mixer
- spatula
- muffin liners
- muffin tray

## Directions

- Preheat oven to 375 degrees
- Line 16 muffin cups with paper lines
- Mash 1/8 cup sugar with lemon zest until sugar is moistened
- In a medium-sized bowl, whisk together flour, baking powder, and salt
- Using an electric mixer, beat 1 cup sugar and butter together
- Beat in egg, butter milk, vanilla, and lemon sugar one at a time
- Add flour mixture slowly until smooth
- Mix in blueberries gently with a large spatula
- Divide batter equally into muffin tins (filling about 3/4 of the way)
- Bake for about 35 minutes, or until cake tester comes out clean
- Allow muffins to cool and prepare glaze by combining lemon juice, zest, and powdered sugar
- Place muffins on a wire rack and spoon about 1 tbsp of glaze on top of each muffin and let it slide over the sides of the muffin

## Nutrition Facts

PROTEIN 8.12% FAT 31.49% CARBS 60.39%

## Properties

Glycemic Index:20.57, Glycemic Load:11.32, Inflammation Score:-3, Nutrition Score:4.6717391304348%

## Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Petunidin: 6.67mg, Petunidin: 6.67mg, Petunidin: 6.67mg, Petunidin: 6.67mg Delphinidin: 7.49mg, Delphinidin: 7.49mg, Delphinidin: 7.49mg, Delphinidin: 7.49mg Malvidin: 14.29mg, Malvidin: 14.29mg, Malvidin: 14.29mg, Malvidin: 14.29mg Peonidin: 4.29mg, Peonidin: 4.29mg, Peonidin: 4.29mg, Peonidin: 4.29mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Taste

Sweetness: 100%, Saltiness: 21.02%, Sourness: 68.87%, Bitterness: 44.4%, Savoriness: 13.22%, Fattiness: 57.06%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 147.44kcal (7.37%), Fat: 5.17g (7.96%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 21.33g (7.75%), Sugar: 7.35g (8.17%), Cholesterol: 24.33mg (8.11%), Sodium: 255.65mg (11.12%), Alcohol: 0.2g (1.09%), Protein: 3g (6%), Selenium: 7.75µg (11.08%), Vitamin B1: 0.16mg (10.56%), Manganese: 0.2mg (9.83%), Folate: 37.08µg (9.27%), Vitamin B2: 0.14mg (8.49%), Calcium: 69.02mg (6.9%), Phosphorus: 59.76mg (5.98%), Vitamin B3: 1.17mg (5.84%), Iron: 1.03mg (5.75%), Vitamin K: 4.55µg (4.33%), Vitamin C: 3.34mg (4.05%), Fiber: 1g (4.02%), Vitamin A: 181.84IU (3.64%), Copper: 0.05mg (2.29%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.3mg (1.98%), Potassium: 68.54mg (1.96%), Magnesium: 7.85mg (1.96%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.29µg (1.9%), Zinc: 0.27mg (1.81%), Vitamin B6: 0.03mg (1.61%)