



## Wild Blueberry Mini-Muffins

READY IN



55 min.

SERVINGS



36

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 16.9 oz corn muffin mix wild quick
- ☐ 0.8 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs

### Equipment

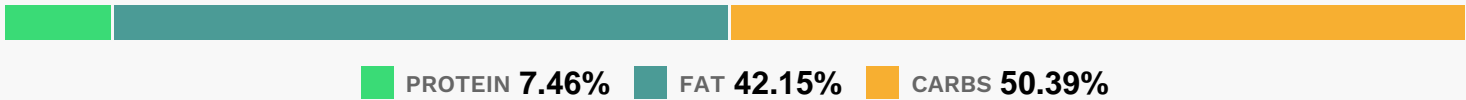
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ muffin liners

Directions

- ☐ Heat oven to 425°F.
- ☐ Place miniature paper baking cup in each of 36 mini-muffin cups, or grease bottoms only of muffin cups.
- ☐ Drain Blueberries (from muffin mix); rinse and set aside. In medium bowl, stir Muffin
- ☐ Mix, milk, oil and eggs just until blended (batter may be lumpy). Gently stir in blueberries. Spoon about 1 tablespoonful batter into each muffin cup so cups are about two-thirds full.
- ☐ Bake 11 to 14 minutes or until golden brown and tops spring back when lightly touched. Cool 3 to 4 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:1.06, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.9343478428605%

Nutrients (% of daily need)

Calories: 75.56kcal (3.78%), Fat: 3.53g (5.43%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.64g (3.14%), Sugar: 2.96g (3.29%), Cholesterol: 9.97mg (3.32%), Sodium: 114.13mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Phosphorus: 75.05mg (7.51%), Vitamin B1: 0.06mg (4.04%), Fiber: 0.87g (3.46%), Folate: 13.53µg (3.38%), Vitamin K: 3.47µg (3.31%), Vitamin B2: 0.05mg (3.2%), Selenium: 1.59µg (2.27%), Vitamin B3: 0.45mg (2.26%), Manganese: 0.04mg (2.14%), Iron: 0.38mg (2.09%), Calcium: 15.21mg (1.52%), Vitamin B6: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.16%), Magnesium: 4.1mg (1.02%), Vitamin B12: 0.06µg (1.02%)