



Wild Blueberry Muffin Tops

 Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



72 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 package corn muffin mix wild
- ☐ 1 eggs
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water

Equipment

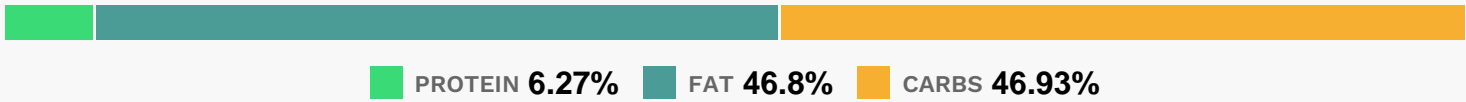
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425F (or 400F for dark or nonstick pan).
- ☐ Drain Blueberries from muffin mix; rinse and set aside. Stir muffin mix, water, oil and egg in medium bowl just until blended (batter may be lumpy). Gently stir in blueberries.
- ☐ Drop batter by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- ☐ Bake 7 to 9 minutes or until edges and tops begin to brown. Cool 1 minute before removing from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6717391225469%

Nutrients (% of daily need)

Calories: 71.55kcal (3.58%), Fat: 3.72g (5.72%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.61g (2.77%), Sugar: 2.46g (2.73%), Cholesterol: 8.43mg (2.81%), Sodium: 101.87mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Phosphorus: 63.28mg (6.33%), Vitamin K: 4.36µg (4.15%), Vitamin B1: 0.05mg (3.49%), Fiber: 0.78g (3.13%), Folate: 12.24µg (3.06%), Vitamin B2: 0.04mg (2.52%), Vitamin B3: 0.4mg (2.02%), Manganese: 0.04mg (1.93%), Selenium: 1.35µg (1.93%), Iron: 0.34mg (1.89%), Vitamin E: 0.21mg (1.4%)