



Zucchini-Blueberry Muffins with Cinnamon Toast Crunch® Streusel

READY IN



40 min.

SERVINGS



12

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16.9 oz corn muffin mix wild quick
- ☐ 0.5 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs
- ☐ 2 small zucchini shredded
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups buttered toast crushed

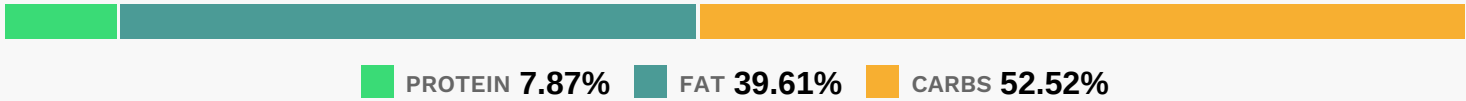
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 425°F (400°F for dark or nonstick pan).
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ Drain can of blueberries (from muffin mix box); rinse and set aside. In large bowl, stir together muffin mix, milk, oil, eggs, zucchini and vanilla just until blended. Gently fold in blueberries. Divide batter evenly among muffin cups. Top with crushed cereal.
- ☐ Bake 16 to 21 minutes or until golden brown and tops spring back when touched. Cool 5 minutes; remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:7.0478260724441%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 244.41kcal (12.22%), Fat: 10.72g (16.5%), Saturated Fat: 2.39g (14.97%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 29.06g (10.57%), Sugar: 9.44g (10.49%), Cholesterol: 29.35mg (9.78%), Sodium: 375.37mg (16.32%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.8g (9.59%), Phosphorus: 233.31mg (23.33%), Vitamin B1: 0.21mg (14.09%), Folate: 51.15µg (12.79%), Fiber: 2.93g (11.73%), Vitamin B2: 0.19mg (11.41%), Vitamin K: 11.44µg (10.89%), Manganese: 0.19mg (9.37%), Selenium: 6.46µg (9.23%), Vitamin B3: 1.66mg (8.31%), Iron: 1.39mg (7.71%), Vitamin B6: 0.11mg (5.27%), Calcium: 49.25mg (4.92%), Vitamin C: 3.56mg (4.32%), Magnesium: 16.72mg (4.18%), Vitamin B5: 0.4mg (3.98%), Potassium: 129.68mg (3.71%), Vitamin E: 0.55mg (3.7%), Zinc: 0.47mg (3.1%),

Copper: 0.06mg (2.89%), Vitamin A: 141.32IU (2.83%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.26µg (1.72%)