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Blueberry Muffin ♦

A classic muffin recipe made with fresh blueberries. Perfect for breakfast or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 12

Serving Size: 42 g

Ingredients

250 g	All-Purpose Flour
100 g	Granulated Sugar
2 tsp	baking powder
1 tsp	salt
240 ml	Milk
80 ml	vegetable oil
1 units	Egg

200 g blueberries

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the milk, oil, and egg.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stirring

Gently fold in the blueberries.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Preparation

Spoon the batter into a muffin tin lined with paper liners.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 20 minutes or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Cooling

Allow the muffins to cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 37 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	37 g	67.27%	74%
Fibers	1 g	2.63%	4%
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	260 mg	11.3%	11.3%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Thanksgiving

Meal Type

Breakfast

Brunch

Lunch

Snack

Course

Drinks

Breads

Snacks

Cultural

Chinese New Year

Diwali

Thanksgiving

Cost

\$10 to \$20

Demographics

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Flexitarian Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Difficulty Level

Easy

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