

# Apple Raisin Muffins

*Asa Ransom House - Clarence Hollow, NY  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 18 muffins

- 1 1/2 cups flour
- 1 1/2 cups whole wheat flour
- 3/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon ground nutmeg
- 2 eggs
- 2 cups chunky applesauce
- 1/2 cup oil
- 1/2 cup milk
- 1 cup raisins

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Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients. Mix until just blended.

Pour the batter into greased muffin tins.

Bake for about 20 minutes.

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Per Serving (excluding unknown items): 3718 Calories; 130g Fat (30.3% calories from fat); 66g Protein; 604g Carbohydrate; 39g Dietary Fiber; 441mg Cholesterol; 1704mg Sodium. Exchanges: 18 Grain(Starch); 1 1/2 Lean Meat; 11 Fruit; 1/2 Non-Fat Milk; 24 Fat; 10 1/2 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3718
<b>% Calories from Fat:</b>	30.3%
<b>% Calories from Carbohydrates:</b>	62.8%
<b>% Calories from Protein:</b>	6.9%
<b>Total Fat (g):</b>	130g
<b>Saturated Fat (g):</b>	20g
<b>Monounsaturated Fat (g):</b>	70g
<b>Polyunsaturated Fat (g):</b>	27g
<b>Cholesterol (mg):</b>	441mg
<b>Carbohydrate (g):</b>	604g
<b>Dietary Fiber (g):</b>	39g

<b>Vitamin B6 (mg):</b>	.8mg
<b>Vitamin B12 (mcg):</b>	1.7mcg
<b>Thiamin B1 (mg):</b>	2.7mg
<b>Riboflavin B2 (mg):</b>	2.2mg
<b>Folacin (mcg):</b>	158mcg
<b>Niacin (mg):</b>	25mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	18
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**Protein (g):** 66g  
**Sodium (mg):** 1704mg  
**Potassium (mg):** 2713mg  
**Calcium (mg):** 1187mg  
**Iron (mg):** 23mg  
**Zinc (mg):** 9mg  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 796IU  
**Vitamin A (r.e.):** 202 1/2RE

**Lean Meat:** 1 1/2  
**Vegetable:** 0  
**Fruit:** 11  
**Non-Fat Milk:** 1/2  
**Fat:** 24  
**Other Carbohydrates:** 10 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3718                      **Calories from Fat:** 1127

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### % Daily Values\*

<b>Total Fat</b> 130g	199%
Saturated Fat 20g	98%
<b>Cholesterol</b> 441mg	147%
<b>Sodium</b> 1704mg	71%
<b>Total Carbohydrates</b> 604g	201%
Dietary Fiber 39g	157%
<b>Protein</b> 66g	

<b>Vitamin A</b>	16%
<b>Vitamin C</b>	20%
<b>Calcium</b>	119%
<b>Iron</b>	127%

\* Percent Daily Values are based on a 2000 calorie diet.