

Bacon Cheese Muffins

*Idaho Rocky Mountain Ranch - Stanley, ID
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 24 muffins

*5 thick bacon strips
2 cups flour
1 tablespoon sugar
1 tablespoon baking powder
1 teaspoon salt
1/4 teaspoon pepper (or more, to taste)
1 onion (or one bunch green onions), minced
1 cup sharp Cheddar cheese, grated
1 egg
3/4 cup milk*

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Preheat the oven to 400 degrees.

While the bacon is very cold, stack the strips and cut them into four strips lengthwise. Then cut them across into 1/2-inch pieces. Cook the bacon in a small, heavy saucepan until it is light golden brown but not crisp. Pour the fat through a strainer set over a measuring cup. Add vegetable oil, if needed, to bring the fat up to the 1/4 cup level. Drain the bacon on paper toweling.

In a bowl, mix the flour, sugar, baking powder, salt and pepper.

In a small bowl, whisk the egg, milk and bacon fat. Add the bacon, onion and cheese. Pour over the dry ingredients. Fold in with a rubber spatula just until the dry ingredients are moistened. Spoon the batter into greased muffin cups.

Bake for 20 to 25 minutes or until golden brown and springy to the touch in the center. Let cool in the pans for 5 minutes and then turn out onto a rack.

Serve with salsa for a delicious breakfast treat.

(You may add a pinch of thyme and oregano and use plain yogurt or buttermilk instead of regular milk.)

Per Serving (excluding unknown items): 1609 Calories; 51g Fat (28.9% calories from fat); 66g Protein; 217g Carbohydrate; 7g Dietary Fiber; 356mg Cholesterol; 4463mg Sodium. Exchanges: 12 1/2 Grain(Starch); 5 Lean Meat; 1/2 Non-Fat Milk; 6 1/2 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1609	Vitamin B6 (mg):	.3mg
% Calories from Fat:	28.9%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	54.5%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	16.7%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	51g	Folacin (mcg):	119mcg
Saturated Fat (g):	30g	Niacin (mg):	15mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	356mg	% Refused:	n n%
Carbohydrate (g):	217g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	12 1/2
Protein (g):	66g	Lean Meat:	5
Sodium (mg):	4463mg	Vegetable:	0
Potassium (mg):	726mg	Fruit:	0
Calcium (mg):	1925mg	Non-Fat Milk:	1/2
Iron (mg):	15mg	Fat:	6 1/2
Zinc (mg):	7mg	Other Carbohydrates:	1
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	1675IU		
Vitamin A (r.e.):	500RE		

Nutrition Facts

Amount Per Serving

Calories 1609 **Calories from Fat:** 464

% Daily Values*

Total Fat 51g	79%
Saturated Fat 30g	148%
Cholesterol 356mg	119%
Sodium 4463mg	186%
Total Carbohydrates 217g	72%
Dietary Fiber 7g	29%
Protein 66g	
Vitamin A	34%
Vitamin C	3%
Calcium	192%
Iron	83%

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