

Granola Muffins

Oak Tree Inn - Heber Springs, AR
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 24 muffins

2 cups flour
1 cup rolled oats
1 1/2 cups granola
2 tablespoons baking powder
2 teaspoons salt
1 cup sugar
1 cup raisins
3 teaspoons cinnamon
2 cups water
2 eggs
1/2 cup vegetable oil

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Preheat the oven to 400 degrees.

In a large bowl, combine the flour, rolled oats, granola, baking powder, salt, sugar, raisins and cinnamon. Blend well.

Add the water, eggs and oil. Stir until the dry ingredients are just moistened.

Pour the batter into greased muffin cups.

Bake for 20 to 30 minutes.

Per Serving (excluding unknown items): 4465 Calories; 177g Fat (34.6% calories from fat); 79g Protein; 673g Carbohydrate; 45g Dietary Fiber; 424mg Cholesterol; 7391mg Sodium. Exchanges: 23 Grain(Starch); 1 1/2 Lean Meat; 7 1/2 Fruit; 33 1/2 Fat; 14 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	4465
% Calories from Fat:	34.6%
% Calories from Carbohydrates:	58.5%
% Calories from Protein:	6.8%
Total Fat (g):	177g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	84g
Polyunsaturated Fat (g):	53g
Cholesterol (mg):	424mg
Carbohydrate (g):	673g

Vitamin B6 (mg):	1.3mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	3.9mg
Riboflavin B2 (mg):	2.4mg
Folacin (mcg):	294mcg
Niacin (mg):	20mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 45g
Protein (g): 79g
Sodium (mg): 7391mg
Potassium (mg): 2736mg
Calcium (mg): 2061mg
Iron (mg): 33mg
Zinc (mg): 13mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 663IU
Vitamin A (r.e.): 166RE

Grain (Starch): 23
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 0
Fat: 33 1/2
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 4465 Calories from Fat: 1546

% Daily Values*

Total Fat	177g	272%
Saturated Fat	26g	130%
Cholesterol	424mg	141%
Sodium	7391mg	308%
Total Carbohydrates	673g	224%
Dietary Fiber	45g	178%
Protein	79g	
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Vitamin A		13%
Vitamin C		14%
Calcium		206%
Iron		183%

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