

Peach Muffins

Country Heritage - Romeo, MI

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 8 large muffins

2 cups flour
1/3 cup brown sugar
1 tablespoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon allspice
1/2 teaspoon salt
1 egg
1 cup sour cream
1/4 cup milk
1/4 cup oil
1/2 cup chopped peaches

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Preheat the oven to 400 degrees.

In a large bowl, combine the flour, brown sugar, baking powder, baking soda, allspice and salt. Make a well in the center.

In a bowl, combine the egg, sour cream, milk and oil. Pour into the well in the dry ingredients. Stir until the dry ingredients are just moistened.

Fold in the peaches. The batter will be lumpy. Fill greased muffin tins three-fourths full.

Bake for 20 to 25 minutes.

Per Serving (excluding unknown items): 2184 Calories; 112g Fat (46.1% calories from fat); 41g Protein; 254g Carbohydrate; 7g Dietary Fiber; 322mg Cholesterol; 3090mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 21 1/2 Fat; 3 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2184
% Calories from Fat:	46.1%
% Calories from Carbohydrates:	46.4%
% Calories from Protein:	7.6%
Total Fat (g):	112g
Saturated Fat (g):	40g
Monounsaturated Fat (g):	49g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	322mg
Carbohydrate (g):	254g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.6mcg
Thiamin B1 (mg):	2.1mg
Riboflavin B2 (mg):	1.9mg
Folacin (mcg):	117mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 7g
Protein (g): 41g
Sodium (mg): 3090mg
Potassium (mg): 929mg
Calcium (mg): 1264mg
Iron (mg): 15mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 2139IU
Vitamin A (r.e.): 638 1/2RE

Grain (Starch): 12 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 21 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 2184 **Calories from Fat:** 1006

% Daily Values*

Total Fat 112g	173%
Saturated Fat 40g	198%
Cholesterol 322mg	107%
Sodium 3090mg	129%
Total Carbohydrates 254g	85%
Dietary Fiber 7g	29%
Protein 41g	
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Vitamin A	43%
Vitamin C	4%
Calcium	126%
Iron	84%

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