

# Pineapple Bran Muffins

*Poipu Plantation - Koloa, Kauai, HI  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 16 muffins

*1 cup bran flakes  
1 cup milk  
1 cup crushed pineapple, drained  
1/3 cup vegetable shortening  
1/2 cup sugar  
1/3 cup honey  
2 eggs, well beaten  
1 1/3 cups flour, sifted  
1/2 teaspoon salt  
2 teaspoons baking soda*

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Preheat the oven to 350 degrees.

In a bowl, soak the bran in the milk. Set aside.

In a saucepan, cook the crushed pineapple until no liquid remains. Cool.

In a bowl, cream together the shortening, sugar and honey. Add the eggs. Mix in the bran and pineapple. Add the sifted flour, salt and baking soda.

Pour into greased muffin tins.

Bake for about 15 to 20 minutes.

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Per Serving (excluding unknown items): 2389 Calories; 88g Fat (32.5% calories from fat); 39g Protein; 370g Carbohydrate; 7g Dietary Fiber; 457mg Cholesterol; 3854mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 1 Non-Fat Milk; 16 Fat; 13 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2389	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	32.5%	<b>Vitamin B12 (mcg):</b>	2.2mcg
<b>% Calories from Carbohydrates:</b>	61.1%	<b>Thiamin B1 (mg):</b>	1.7mg
<b>% Calories from Protein:</b>	6.5%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	88g	<b>Folacin (mcg):</b>	118mcg
<b>Saturated Fat (g):</b>	36g	<b>Niacin (mg):</b>	11mg
<b>Monounsaturated Fat (g):</b>	36g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	457mg	<b>% Refuse:</b>	0.0%

Carbohydrate (g):	370g
Dietary Fiber (g):	7g
Protein (g):	39g
Sodium (mg):	3854mg
Potassium (mg):	1047mg
Calcium (mg):	418mg
Iron (mg):	11mg
Zinc (mg):	4mg
Vitamin C (mg):	27mg
Vitamin A (i.u.):	890IU
Vitamin A (r.e.):	242RE

### Food Exchanges

Grain (Starch):	8 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	1
Fat:	16
Other Carbohydrates:	13

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### Nutrition Facts

#### Amount Per Serving

**Calories** 2389                      **Calories from Fat:** 776

#### % Daily Values\*

<b>Total Fat</b> 88g	135%
Saturated Fat 36g	178%
<b>Cholesterol</b> 457mg	152%
<b>Sodium</b> 3854mg	161%
<b>Total Carbohydrates</b> 370g	123%
Dietary Fiber 7g	27%
<b>Protein</b> 39g	
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<b>Vitamin A</b>	18%
<b>Vitamin C</b>	44%
<b>Calcium</b>	42%
<b>Iron</b>	61%

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