

# Plum Muffins

Rainbow Ranch Guest Lodge - Gallatin Gateway, MT  
The Great Country Inns of America Cookbook (2nd ed) (1992)

1 can (29 ounce) purple plums  
1/2 cup butter  
1 teaspoon baking soda  
2 cups sifted flour  
1 cup sugar  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
1/2 cup raisins  
3/4 cup chopped walnuts

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Preheat the oven to 350 degrees.

Drain the plums. Remove the pits and mash or put through a chopper or blender.

In a saucepan, combine the plums with the butter and heat until the butter is melted. Remove from the heat and stir in the baking soda. The mixture will turn gray in color and foam. Cool to room temperature.

Add the flour, sugar, salt, cinnamon, cloves, raisins and walnuts. Mix well.

Pour the batter into muffin cups.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 3217 Calories; 148g Fat (40.2% calories from fat); 50g Protein; 446g Carbohydrate; 15g Dietary Fiber; 248mg Cholesterol; 3280mg Sodium. Exchanges: 12 1/2 Grain(Starch); 3 Lean Meat; 4 Fruit; 27 1/2 Fat; 13 1/2 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3217	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	40.2%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	53.8%	<b>Thiamin B1 (mg):</b>	2.1mg
<b>% Calories from Protein:</b>	6.0%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	148g	<b>Folacin (mcg):</b>	128mcg
<b>Saturated Fat (g):</b>	61g	<b>Niacin (mg):</b>	15mg
<b>Monounsaturated Fat (g):</b>	39g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	40g
Cholesterol (mg):	248mg
Carbohydrate (g):	446g
Dietary Fiber (g):	15g
Protein (g):	50g
Sodium (mg):	3280mg
Potassium (mg):	1333mg
Calcium (mg):	182mg
Iron (mg):	16mg
Zinc (mg):	5mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	3760IU
Vitamin A (r.e.):	888RE

Alcohol (kcal):	0
% Refuse:	00%

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### Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	3
Vegetable:	0
Fruit:	4
Non-Fat Milk:	0
Fat:	27 1/2
Other Carbohydrates:	13 1/2

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## Nutrition Facts

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### Amount Per Serving

Calories	3217	Calories from Fat: 1292
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### % Daily Values\*

<b>Total Fat</b>	148g	227%
Saturated Fat	61g	306%
<b>Cholesterol</b>	248mg	83%
<b>Sodium</b>	3280mg	137%
<b>Total Carbohydrates</b>	446g	149%
Dietary Fiber	15g	59%
<b>Protein</b>	50g	
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<b>Vitamin A</b>		75%
<b>Vitamin C</b>		11%
<b>Calcium</b>		18%
<b>Iron</b>		88%

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