

Raspberry Muffins

White Mountain Lodge - Greer, AZ

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

Yield: 12 muffins

1 2/3 cups flour
3/4 cup sugar
2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup milk
1 egg, well beaten
1/2 cup vegetable or corn oil
1/2 cup raspberries

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Preheat the oven to 375 degrees.

In a medium bowl, blend together the flour, sugar, baking soda and salt.

In a bowl, combine the egg, milk and oil. Add to the dry ingredients. Stir until no lumps are present. Fold in the raspberries.

Pour the mixture into greased and floured muffin tins two-thirds full.

Bake for about 25 minutes.

Per Serving (excluding unknown items): 1516 Calories; 11g Fat (6.8% calories from fat); 32g Protein; 322g Carbohydrate; 10g Dietary Fiber; 229mg Cholesterol; 3718mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 1 Fat; 10 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1516	Vitamin B6 (mg):	.2mg
% Calories from Fat:	6.8%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	84.7%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	11g	Folacin (mcg):	101mcg
Saturated Fat (g):	4g	Niacin (mg):	13mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	229mg	% Daily Value:	n n%
Carbohydrate (g):	322g		
	10g		

Food Exchanges

10 1/2

Dietary Fiber (g):
Protein (g): 32g
Sodium (mg): 3718mg
Potassium (mg): 573mg
Calcium (mg): 225mg
Iron (mg): 11mg
Zinc (mg): 3mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 480IU
Vitamin A (r.e.): 124 1/2RE

Grain (Starch):
Lean Meat: 1
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 1/2
Fat: 1
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 1516 **Calories from Fat:** 102

% Daily Values*

Total Fat 11g	18%
Saturated Fat 4g	22%
Cholesterol 229mg	76%
Sodium 3718mg	155%
Total Carbohydrates 322g	107%
Dietary Fiber 10g	41%
Protein 32g	
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Vitamin A	10%
Vitamin C	28%
Calcium	23%
Iron	61%

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