

# Roasted Pepper Muffins

*All-Time Favorites - 2013 Cookbook  
Better Homes and Gardens Magazine*

**Yield: 12 muffins**

*2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 cup buttermilk  
1 egg, slightly beaten  
1/4 cup olive oil  
3/4 cup crumbled feta cheese  
1/2 cup chopped roasted red sweet  
pepper, drained  
3 tablespoons snipped fresh basil*

**Preparation Time: 20 minutes****Bake: 18 minutes**

Preheat the oven to 375 degrees.

Grease twelve 2-1/2-inch muffin cups. Set aside.

In a bowl, combine the flour, baking powder, salt and baking soda. Make a well in the center of the flour mixture. Set aside.

In another bowl, combine the buttermilk, egg and olive oil. Add the egg mixture all at once to the flour mixture. Stir just until moistened (the batter should be lumpy). Gently fold in the cheese, roasted red pepper and basil.

Spoon the batter into the prepared muffin cups, filling each two-thirds full. Bake for 18 to 20 minutes or until golden and a wooden toothpick inserted near the center comes out clean. Cool in the muffin cups on a wire rack for 5 minutes.

Remove from the muffin cups and serve warm.

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Per Serving (excluding unknown items): 1862 Calories; 88g Fat (42.5% calories from fat); 56g Protein; 210g Carbohydrate; 7g Dietary Fiber; 321mg Cholesterol; 4258mg Sodium. Exchanges: 12 1/2 Grain(Starch); 3 Lean Meat; 1 Non-Fat Milk; 15 Fat; 0 Other Carbohydrates.

Miscellaneous

**Per Serving Nutritional Analysis**

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% Calories from Fat:	42.5%
% Calories from Carbohydrates:	45.3%
% Calories from Protein:	12.1%
Total Fat (g):	88g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	48g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	321mg
Carbohydrate (g):	210g
Dietary Fiber (g):	7g
Protein (g):	56g
Sodium (mg):	4258mg
Potassium (mg):	777mg
Calcium (mg):	1450mg
Iron (mg):	15mg
Zinc (mg):	7mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	828IU
Vitamin A (r.e.):	239RE

Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	2.8mg
Folacin (mcg):	457mcg
Niacin (mg):	16mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1
Fat:	15
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 1862                      Calories from Fat: 792

### % Daily Values\*

<b>Total Fat</b> 88g	135%
Saturated Fat 27g	137%
<b>Cholesterol</b> 321mg	107%
<b>Sodium</b> 4258mg	177%
<b>Total Carbohydrates</b> 210g	70%
Dietary Fiber 7g	27%
<b>Protein</b> 56g	
<b>Vitamin A</b>	17%
<b>Vitamin C</b>	4%
<b>Calcium</b>	145%
<b>Iron</b>	81%

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