

Sour Cream Blueberry Muffins

Ruthie Mallard

Gourmet Eating in South Carolina - (1985)

Yield: 18 muffins

2 cups buttermilk biscuit mix
3/4 cup sugar
1/2 teaspoon cinnamon
1 cup sour cream
2 eggs, unbeaten
1 cup blueberries, washed and well drained

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Preheat the oven to 425 degrees.

In a bowl, combine the biscuit mix, sugar and cinnamon with a fork. Make a well and add the sour cream and eggs. Stir, just until blended.

Fold in the blueberries.

Pour into greased or paper-lined muffin tins to a little over half-full.

Bake for 20 minutes.

Per Serving (excluding unknown items): 1305 Calories; 59g Fat (39.5% calories from fat); 21g Protein; 182g Carbohydrate; 5g Dietary Fiber; 526mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 10 1/2 Fat; 10 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1305	Vitamin B6 (mg):	.2mg
% Calories from Fat:	39.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	54.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	59g	Folacin (mcg):	82mcg
Saturated Fat (g):	34g	Niacin (mg):	1mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	526mg	% Refuse:	n n%
Carbohydrate (g):	182g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0

Protein (g): 21g
Sodium (mg): 273mg
Potassium (mg): 603mg
Calcium (mg): 344mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 2453IU
Vitamin A (r.e.): 700RE

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

Nutrition Facts

Amount Per Serving

Calories 1305 **Calories from Fat:** 515

% Daily Values*

Total Fat 59g	90%
Saturated Fat 34g	169%
Cholesterol 526mg	175%
Sodium 273mg	11%
Total Carbohydrates 182g	61%
Dietary Fiber 5g	18%
Protein 21g	
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Vitamin A	49%
Vitamin C	35%
Calcium	34%
Iron	15%

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