

Zucchini Muffins

*White House Inn - Goliad, TX
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 12 muffins

*2 cups whole wheat flour
1 tablespoon baking powder
1/2 tablespoon salt
1 teaspoon ground cinnamon
3/4 cup milk
2 eggs, lightly beaten
1/4 cup oil
1/4 cup honey
1 cup zucchini, shredded*

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Preheat the oven to 375 degrees.

In a bowl, combine the flour, baking powder, salt, cinnamon and zucchini.

In a bowl, mix the milk, eggs, oil and honey. Add to the dry ingredients. Stir until barely moistened. The batter will be lumpy.

Fill greased muffin tins two-thirds full.

Bake for about 20 minutes.

Per Serving (excluding unknown items): 1844 Calories; 75g Fat (34.9% calories from fat); 53g Protein; 262g Carbohydrate; 32g Dietary Fiber; 449mg Cholesterol; 4910mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 14 Fat; 5 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1844	Vitamin B6 (mg):	.4mg
% Calories from Fat:	34.9%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	54.1%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	75g	Folacin (mcg):	149mcg
Saturated Fat (g):	14g	Niacin (mg):	16mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	449mg	% Refused:	n n%
Carbohydrate (g):	262g	Food Exchanges	
Dietary Fiber (g):	32g	Grain (Starch):	11 1/2

Protein (g): 53g
Sodium (mg): 4910mg
Potassium (mg): 1749mg
Calcium (mg): 1235mg
Iron (mg): 14mg
Zinc (mg): 9mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 1146IU
Vitamin A (r.e.): 252 1/2RE

Lean Meat: 1 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 14
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 1844 **Calories from Fat:** 644

% Daily Values*

Total Fat	75g		116%
Saturated Fat	14g		70%
Cholesterol	449mg		150%
Sodium	4910mg		205%
Total Carbohydrates	262g		87%
Dietary Fiber	32g		129%
Protein	53g		
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Vitamin A			23%
Vitamin C			23%
Calcium			124%
Iron			80%

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