

# Pumpkin Muffins

*The Village of Little Britain - Nottingham, PA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 18 muffins

2 1/2 cups flour  
2 cups sugar  
2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1 teaspoon baking powder  
1/2 teaspoon salt  
3 eggs, lightly beaten  
1 cup cooked or canned pumpkin  
1/2 cup vegetable oil  
2 cups finely diced peeled apples

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Preheat the oven to 350 degrees.

In a large bowl, combine the flour, sugar, cinnamon, nutmeg, baking powder and salt. Set aside.

In a bowl, combine the eggs, pumpkin, oil and apples. Add to the bowl of dry ingredients. Mix until the dry ingredients are just moistened. Pour the batter into greased muffin tins.

Bake for 30 to 35 minutes.

(Note: If you like streusel topping, mix two tablespoons of flour, one teaspoon of cinnamon, 1/4 cup of sugar and four tablespoons of butter. Sprinkle over the muffins before baking.)

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Per Serving (excluding unknown items): 3891 Calories; 128g Fat (29.2% calories from fat); 51g Protein; 645g Carbohydrate; 12g Dietary Fiber; 636mg Cholesterol; 1775mg Sodium. Exchanges: 16 Grain(Starch); 2 1/2 Lean Meat; 23 Fat; 27 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

|                                |       |                     |        |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal):               | 3891  | Vitamin B6 (mg):    | .3mg   |
| % Calories from Fat:           | 29.2% | Vitamin B12 (mcg):  | 1.9mcg |
| % Calories from Carbohydrates: | 65.6% | Thiamin B1 (mg):    | 2.6mg  |
| % Calories from Protein:       | 5.2%  | Riboflavin B2 (mg): | 2.3mg  |
| Total Fat (g):                 | 128g  | Folacin (mcg):      | 155mcg |
| Saturated Fat (g):             | 18g   | Niacin (mg):        | 19mg   |
| Monounsaturated Fat (g):       | 71g   | Caffeine (mg):      | 0mg    |

**Polyunsaturated Fat (g):** 26g  
**Cholesterol (mg):** 636mg  
**Carbohydrate (g):** 645g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 51g  
**Sodium (mg):** 1775mg  
**Potassium (mg):** 571mg  
**Calcium (mg):** 464mg  
**Iron (mg):** 20mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 745IU  
**Vitamin A (r.e.):** 211 1/2RE

**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 16  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 23  
**Other Carbohydrates:** 27

## Nutrition Facts

### Amount Per Serving

**Calories** 3891                      **Calories from Fat:** 1136

### % Daily Values\*

|                                 |      |
|---------------------------------|------|
| <b>Total Fat</b> 128g           | 196% |
| Saturated Fat 18g               | 90%  |
| <b>Cholesterol</b> 636mg        | 212% |
| <b>Sodium</b> 1775mg            | 74%  |
| <b>Total Carbohydrates</b> 645g | 215% |
| Dietary Fiber 12g               | 47%  |
| <b>Protein</b> 51g              |      |
| <hr/>                           |      |
| <b>Vitamin A</b>                | 15%  |
| <b>Vitamin C</b>                | 2%   |
| <b>Calcium</b>                  | 46%  |
| <b>Iron</b>                     | 110% |

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