

Blueberry Muffins

Sugar Hill Inn - Franconia, NH

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

Yield: 12 muffins

1 cup flour
1/2 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon baking soda
2 eggs
1 cup sour cream
5 tablespoons butter, melted
1 cup firmly packed brown sugar
1 cup rolled oats
1 cup blueberries, fresh or frozen, if frozen, do not defrost

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Preheat the oven to 375 degrees.

In a small bowl, combine the flour, salt, baking powder and baking soda. Reserve two tablespoons of the mixture to coat the blueberries.

In a large bowl, beat the eggs. Add the sour cream and blend well. Add the melted butter and brown sugar and stir into the egg mixture. Stir in the oats.

Fold in the flour mixture, stirring only enough to dampen the flour. The mixture should not be smooth.

In a bowl, toss the blueberries in the reserved flour. Stir into the batter. Spoon the mixture into the muffin tin, filling the cups two-thirds full.

Bake for 25 to 30 minutes until brown. Cool in the pan.

Per Serving (excluding unknown items): 2745 Calories; 122g Fat (39.4% calories from fat); 46g Protein; 375g Carbohydrate; 12g Dietary Fiber; 681mg Cholesterol; 3122mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 23 Fat; 14 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2745	Vitamin B6 (mg):	.4mg
% Calories from Fat:	39.4%	Vitamin B12 (mcg):	2.1mcg

% Calories from Carbohydrates: 53.9%
% Calories from Protein: 6.7%
Total Fat (g): 122g
Saturated Fat (g): 70g
Monounsaturated Fat (g): 36g
Polyunsaturated Fat (g): 8g
Cholesterol (mg): 681mg
Carbohydrate (g): 375g
Dietary Fiber (g): 12g
Protein (g): 46g
Sodium (mg): 3122mg
Potassium (mg): 1663mg
Calcium (mg): 862mg
Iron (mg): 16mg
Zinc (mg): 6mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4554IU
Vitamin A (r.e.): 1229 1/2RE

Thiamin B1 (mg): 1.7mg
Riboflavin B2 (mg): 1.6mg
Folacin (mcg): 135mcg
Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 10
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 23
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 2745 **Calories from Fat:** 1082

% Daily Values*

Total Fat	122g	188%
Saturated Fat	70g	350%
Cholesterol	681mg	227%
Sodium	3122mg	130%
Total Carbohydrates	375g	125%
Dietary Fiber	12g	49%
Protein	46g	
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Vitamin A		91%
Vitamin C		3%
Calcium		86%
Iron		89%

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