

# Orange Tea Muffins

Wedgwood Inn - New Hope, PA

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

## Yield: 12 muffins

1 1/2 cups flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup butter  
1/2 cup fresh orange juice  
2 eggs  
grated rind of one orange  
1 cup fresh or frozen raspberries (optional)  
1/2 cup coconut (optional)

Copyright: James Stroman

Preheat the oven to 375 degrees.

In a bowl, combine the flour, sugar, baking powder and salt. Blend well.

In a saucepan, melt the butter. Remove from the heat. Stir in the orange juice, eggs and orange rind. Beat. Add the raspberries and coconut, if desired.

Stir the liquid into the dry ingredient mixture. Blend until just moistened. Spoon into well-greased muffin cups.

Bake for 15 to 20 minutes.

---

Per Serving (excluding unknown items): 2091 Calories; 104g Fat (44.4% calories from fat); 34g Protein; 259g Carbohydrate; 6g Dietary Fiber; 672mg Cholesterol; 3124mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 19 Fat; 7 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

Calories (kcal):	2091	Vitamin B6 (mg):	.3mg
% Calories from Fat:	44.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	49.2%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	104g	Folacin (mcg):	168mcg
Saturated Fat (g):	61g	Niacin (mg):	12mg
Monounsaturated Fat (g):	31g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	672mg	% Refuse:	0 0%

Carbohydrate (g):	259g
Dietary Fiber (g):	6g
Protein (g):	34g
Sodium (mg):	3124mg
Potassium (mg):	616mg
Calcium (mg):	670mg
Iron (mg):	12mg
Zinc (mg):	3mg
Vitamin C (mg):	62mg
Vitamin A (i.u.):	4204IU
Vitamin A (r.e.):	1023RE

## Food Exchanges

Grain (Starch):	9 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	19
Other Carbohydrates:	7

---

## Nutrition Facts

---

### Amount Per Serving

<b>Calories</b>	2091	<b>Calories from Fat:</b> 929
-----------------	------	-------------------------------

---

### % Daily Values\*

<b>Total Fat</b>	104g	160%
Saturated Fat	61g	303%
<b>Cholesterol</b>	672mg	224%
<b>Sodium</b>	3124mg	130%
<b>Total Carbohydrates</b>	259g	86%
Dietary Fiber	6g	23%
<b>Protein</b>	34g	
<hr/>		
<b>Vitamin A</b>		84%
<b>Vitamin C</b>		103%
<b>Calcium</b>		67%
<b>Iron</b>		67%

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