



# Raspberry Muffins

Red, ripe raspberries add sweetness and amazing flavor to a fruity muffin.

Servings: 43 servings (1 serving = 1 Muffin)

## Ingredients:

INGREDIENT	WEIGHT	MEASURE
Water, cool approx. 72°F	1 lb 12.00 oz	3 1/2 cups
Sour cream	1 lb	2 cups
Gold Medal™ Basic Muffin Mix (11432)	5 lb	1 box
Raspberries, IQF	1 lb	4 cups

## Instructions:

1. Combine water and sour cream in large mixing bowl; stir in muffin mix.
2. Fold raspberries into fully mixed batter. DO NOT OVERMIX.
3. Deposit #10 scoop of batter into greased or paper-lined muffin pans.
4. Bake as directed below and allow to cool slightly before serving.

BAKE:	TEMP	TIME
Convection Oven*	375°F	17-19 minutes
Standard Oven	425°F	21-23 minutes

\*Rotate pans baked in convection oven one-half turn (180°) at minutes of baking.

## Nutrition Information:

Serving Size: 1 Muffin  
Calories : 240 / Calories from Fat : 70 /

% Daily Value:  
Total Fat : 7g 11% /  
Saturated Fat : 4g 21% / Trans Fat : 0g /  
Cholesterol : 15mg 4% / Sodium : 290mg 12% /  
Total Carbohydrate : 41g 14% /  
Dietary Fiber : 0g 0% / Sugars : 22g /  
Protein : 3g /  
Vitamin A : 0% 0% / Vitamin C : 2% 2% /  
Calcium : 8% 8% / Iron : 6% 6% /

Exchanges: 1 Starch/ 0 Fruit/ 1 1/2 Other  
Carbohydrate/ 0 Skim Milk/ 0 Low-Fat Milk/ 0  
Milk/ 0 Vegetable/ 0 Very Lean Meat/ 0 Lean  
Meat/ 0 High-Fat Meat/ 1 1/2 Fat/

Carbohydrate Choice: 3

\*Percent Daily Values are based on a 2,000 calorie diet.  
Nutrition values are calculated using the weights of ingredients.