

Blueberry Bread

*The Embassy and Windsor Inns - Washington, DC
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*1/4 cup vegetable shortening
3/4 cup sugar
1 egg
2 teaspoons vanilla extract
1 1/2 cups flour
1 1/2 teaspoons baking powder
1 cup fresh blueberries*

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Preheat the oven to 375 degrees. (If a glass baking dish is being used, reduce the oven to 360 degrees.)

In a bowl, cream together the shortening, sugar and vanilla until fluffy. Add the egg and beat well.

Add the flour and milk alternately and beat well after each addition. Gently stir in the blueberries, adding extra if you desire. Pour the batter into a greased 8x8x2-inch pan.

Bake for 20 minutes.

Per Serving (excluding unknown items): 318 Calories; 10g Fat (27.7% calories from fat); 4g Protein; 53g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 136mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	318
% Calories from Fat:	27.7%
% Calories from Carbohydrates:	66.7%
% Calories from Protein:	5.6%
Total Fat (g):	10g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	35mg
Carbohydrate (g):	53g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	4
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 136mg
Potassium (mg): 67mg
Calcium (mg): 78mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 65IU
Vitamin A (r.e.): 14RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 318 Calories from Fat: 88

% Daily Values*

Total Fat	10g	15%
	Saturated Fat 4g	19%
Cholesterol	35mg	12%
Sodium	136mg	6%
Total Carbohydrates	53g	18%
	Dietary Fiber 2g	6%
Protein	4g	

Vitamin A	1%
Vitamin C	5%
Calcium	8%
Iron	10%

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