

Blueberry Coconut Bread

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 1/2 cups brown sugar, packed
firmly
1 cup buttermilk
2/3 cup shortening, melted
1 egg
2 1/2 cups flour
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 1/2 cups fresh blueberries
1 cup flaked coconut
2 tablespoons sugar

Preheat the oven to 350 degrees.

In a mixer, combine the brown sugar, milk and melted shortening. Beat at low speed until blended. Beat in the egg.

In a bowl, combine the flour, baking soda and salt. Add to the liquid mixture and beat at medium speed until smooth. Stir in the vanilla, blueberries and coconut.

Pour the batter into two greased 8x4-inch loaf pans. Sprinkle each loaf with one tablespoon of sugar.

Bake for 60 to 70 minutes.

Cool in the pan for 10 minutes. Remove and cool on wire racks.

Per Serving (excluding unknown items): 3555 Calories; 146g Fat (36.7% calories from fat); 48g Protein; 519g Carbohydrate; 15g Dietary Fiber; 221mg Cholesterol; 2563mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 27 1/2 Fat; 15 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	3555	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.7%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	57.9%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	146g	Folacin (mcg):	134mcg

Saturated Fat (g): 37g
Monounsaturated Fat (g): 63g
Polyunsaturated Fat (g): 38g
Cholesterol (mg): 221mg
Carbohydrate (g): 519g
Dietary Fiber (g): 15g
Protein (g): 48g
Sodium (mg): 2563mg
Potassium (mg): 1719mg
Calcium (mg): 570mg
Iron (mg): 20mg
Zinc (mg): 4mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 542IU
Vitamin A (r.e.): 111 1/2RE

Niacin (mg): 20mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: n n%

Food Exchanges

Grain (Starch): 15 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 2
Non-Fat Milk: 1
Fat: 27 1/2
Other Carbohydrates: 15 1/2

Nutrition Facts

Amount Per Serving

Calories 3555 **Calories from Fat:** 1306

% Daily Values*

Total Fat 146g	225%
Saturated Fat 37g	186%
Cholesterol 221mg	74%
Sodium 2563mg	107%
Total Carbohydrates 519g	173%
Dietary Fiber 15g	60%
Protein 48g	
Vitamin A	11%
Vitamin C	51%
Calcium	57%
Iron	111%

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