

Carrot Bread

Mrs. Ronnie Merrill

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: one loaf

1 cup sugar
3/4 cup vegetable oil
2 eggs, beaten
1 1/2 cups flour
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 cup carrots, grated
1 cup chopped pecans

Preheat the oven to 325 degrees

In a bowl, mix the sugar, oil and eggs.

Sift in the flour, soda, salt and cinnamon.

Add the grated carrots and nuts. The carrots may be grated in a blender.

Pour in a floured, ungreased 9x5x3-inch loaf pan.

Bake for one hour or until done.

Cool. May be frozen.

Per Serving (excluding unknown items): 3905 Calories; 256g Fat (57.7% calories from fat); 43g Protein; 380g Carbohydrate; 20g Dietary Fiber; 424mg Cholesterol; 1258mg Sodium. Exchanges: 11 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 49 Fat; 13 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	3905	Vitamin B6 (mg):	.6mg
% Calories from Fat:	57.7%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	38.1%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	256g	Folacin (mcg):	162mcg
Saturated Fat (g):	29g	Niacin (mg):	13mg
Monounsaturated Fat (g):	151g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	57g	Alcohol (kcal):	0
	424mg	% Refuse:	0 0%

Cholesterol (mg):
Carbohydrate (g): 380g
Dietary Fiber (g): 20g
Protein (g): 43g
Sodium (mg): 1258mg
Potassium (mg): 1232mg
Calcium (mg): 195mg
Iron (mg): 15mg
Zinc (mg): 9mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 36812IU
Vitamin A (r.e.): 3771 1/2RE

Food Exchanges

Grain (Starch): 11
Lean Meat: 2
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 49
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 3905 **Calories from Fat:** 2252

% Daily Values*

Total Fat 256g	394%
Saturated Fat 29g	144%
Cholesterol 424mg	141%
Sodium 1258mg	52%
Total Carbohydrates 380g	127%
Dietary Fiber 20g	78%
Protein 43g	
Vitamin A	736%
Vitamin C	25%
Calcium	19%
Iron	82%

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