

Cranberry Bread

*Captain Lord Mansion - Kennebunkport, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 3 loaves

*4 1/2 cups flour
2 1/2 cups sugar
1 teaspoon baking soda
3 teaspoons baking powder
2 teaspoons salt
2 eggs
2 cups fresh orange juice
8 tablespoons margarine, melted
1 cup water
2 cups cranberries*

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Preheat the oven to 325 degrees.

In a bowl, sift together the flour, sugar, baking soda, baking powder and salt. Make a well in the center of the dry ingredients.

In a large measuring cup, combine the eggs and orange juice, using only a hand beater. Then add the water and margarine. Pour the wet ingredients into the well of the dry ingredients. Stir just enough to moisten.

Add the cranberries. Pour the batter into three greased and floured loaf pans.

Bake for one hour. Do not overbake.

Per Serving (excluding unknown items): 5266 Calories; 108g Fat (18.3% calories from fat); 76g Protein; 1009g Carbohydrate; 25g Dietary Fiber; 424mg Cholesterol; 8221mg Sodium. Exchanges: 28 Grain(Starch); 1 1/2 Lean Meat; 5 Fruit; 19 Fat; 33 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	5266	Vitamin B6 (mg):	.7mg
% Calories from Fat:	18.3%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	76.0%	Thiamin B1 (mg):	5.0mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	3.5mg
Total Fat (g):	108g	Folacin (mcg):	472mcg
Saturated Fat (g):	20g	Niacin (mg):	35mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 31g
Cholesterol (mg): 424mg
Carbohydrate (g): 1009g
Dietary Fiber (g): 25g
Protein (g): 76g
Sodium (mg): 8221mg
Potassium (mg): 1923mg
Calcium (mg): 1087mg
Iron (mg): 31mg
Zinc (mg): 6mg
Vitamin C (mg): 274mg
Vitamin A (i.u.): 5603IU
Vitamin A (r.e.): 1151 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 28
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 5
Non-Fat Milk: 0
Fat: 19
Other Carbohydrates: 33 1/2

Nutrition Facts

Amount Per Serving

Calories 5266 **Calories from Fat:** 962

% Daily Values*

Total Fat 108g	166%
Saturated Fat 20g	99%
Cholesterol 424mg	141%
Sodium 8221mg	343%
Total Carbohydrates 1009g	336%
Dietary Fiber 25g	101%
Protein 76g	
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Vitamin A	112%
Vitamin C	456%
Calcium	109%
Iron	173%

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