

Cranberry-Nut Loaf

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Yield: 16 slices

3 cups flour
1 tablespoon baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
2 eggs
1 cup sugar
2 cups canned whole berry cranberry sauce
1/2 cup milk
1/2 cup canola oil
1/2 cup pecans, coarsely chopped

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Coat two 18x4-inch loaf pans with cooking spray.

In a large bowl, combine the flour, baking powder, baking soda and salt.

In a medium bowl, beat the eggs, sugar, cranberry sauce, milk and oil until smooth. Add to the flour mixture and beat just until combined. Stir in the pecans. Transfer the batter to the pans.

Bake for 45 minutes or until a toothpick inserted into the center comes out clean. Cool the loaves in the pans for five minutes.

Turn out on a wire rack to finish cooling.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 3693 Calories; 163g Fat (39.4% calories from fat); 60g Protein; 506g Carbohydrate; 15g Dietary Fiber; 441mg Cholesterol; 5692mg Sodium. Exchanges: 19 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 30 1/2 Fat; 13 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	3693	Vitamin B6 (mg):	.4mg
% Calories from Fat:	39.4%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	3.5mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	2.6mg

Total Fat (g): 163g
Saturated Fat (g): 17g
Monounsaturated Fat (g): 92g
Polyunsaturated Fat (g): 44g
Cholesterol (mg): 441mg
Carbohydrate (g): 506g
Dietary Fiber (g): 15g
Protein (g): 60g
Sodium (mg): 5692mg
Potassium (mg): 938mg
Calcium (mg): 1100mg
Iron (mg): 22mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 7111U
Vitamin A (r.e.): 193 1/2RE

Folacin (mcg): 173mcg
Niacin (mg): 23mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 19 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 30 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 3693 **Calories from Fat:** 1455

% Daily Values*

Total Fat	163g	251%
Saturated Fat	17g	84%
Cholesterol	441mg	147%
Sodium	5692mg	237%
Total Carbohydrates	506g	169%
Dietary Fiber	15g	60%
Protein	60g	
Vitamin A		14%
Vitamin C		4%
Calcium		110%
Iron		123%

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