

Fresh Cranberry Nut Bread

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

2 cups all-purpose flour
1 cup sugar
1 1/2 teaspoons double-acting
baking powder
1/2 teaspoon soda
1 teaspoon salt
1/4 cup shortening
3/4 cup orange juice
1 tablespoon orange rind, grated
1 egg, well beaten
2 cups cranberries, coarsely chopped
1/2 cup chopped nuts

Preheat the oven to 350 degrees.

In a bowl, stir together the flour, sugar, baking powder, soda and salt. Cut in the shortening until the mixture resembles coarse cornmeal.

In a bowl, combine the orange juice and grated orange rind with the well beaten egg. Pour all at once into the dry ingredients, mixing just enough to dampen. Carefully fold in the chopped nuts and cranberries.

Spoon into a greased loaf pan. Spread the corners and sides slightly higher than the center.

Bake for one hour until the crust is golden brown and a toothpick inserted comes out clean.

Remove from the pan. Cool. Store overnight for easy slicing.

Per Serving (excluding unknown items): 2835 Calories; 99g Fat (30.9% calories from fat); 46g Protein; 453g Carbohydrate; 22g Dietary Fiber; 212mg Cholesterol; 2952mg Sodium. Exchanges: 13 1/2 Grain(Starch); 2 Lean Meat; 3 Fruit; 18 Fat; 13 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2835	Vitamin B6 (mg):	.5mg
% Calories from Fat:	30.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	62.7%	Thiamin B1 (mg):	2.6mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	1.7mg

Total Fat (g): 99g
Saturated Fat (g): 21g
Monounsaturated Fat (g): 48g
Polyunsaturated Fat (g): 25g
Cholesterol (mg): 212mg
Carbohydrate (g): 453g
Dietary Fiber (g): 22g
Protein (g): 46g
Sodium (mg): 2952mg
Potassium (mg): 1272mg
Calcium (mg): 605mg
Iron (mg): 16mg
Zinc (mg): 6mg
Vitamin C (mg): 127mg
Vitamin A (i.u.): 742IU
Vitamin A (r.e.): 176 1/2RE

Folacin (mcg): 575mcg
Niacin (mg): 19mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 13 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 18
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 2835 **Calories from Fat:** 877

% Daily Values*

Total Fat	99g	153%
Saturated Fat	21g	105%
Cholesterol	212mg	71%
Sodium	2952mg	123%
Total Carbohydrates	453g	151%
Dietary Fiber	22g	89%
Protein	46g	
Vitamin A		15%
Vitamin C		212%
Calcium		61%
Iron		91%

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