

Lemon Bread I

*Red Lion Inn - Stockbridge, MA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 large or 2 small loaves

*1/2 cup butter
1 cup sugar
2 eggs
grated rind of one lemon
1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped nuts
1/2 cup milk
GLAZE
juice of one lemon
1/2 cup sugar*

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Preheat the oven to 350 degrees.

In a bowl, cream the butter and sugar. Add the eggs and lemon rind. Combine well.

In a bowl, combine the flour, baking powder and salt. Add to the butter/egg mixture.

Stir in the nuts. Add the milk and stir until just combined. Pour into one large or two small greased loaf pans.

Bake for 45 to 50 minutes.

Meanwhile, make the glaze: In a bowl, combine the lemon juice and sugar. Mix well.

While the bread is hot, spoon the glaze over the bread.

Per Serving (excluding unknown items): 3320 Calories; 148g Fat (39.3% calories from fat); 49g Protein; 466g Carbohydrate; 12g Dietary Fiber; 689mg Cholesterol; 2704mg Sodium. Exchanges: 10 1/2 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk; 27 Fat; 20 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	3320	Vitamin B6 (mg):	.4mg
% Calories from Fat:	39.3%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	55.0%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	148g	Folacin (mcg):	165mcg

Saturated Fat (g): 69g
Monounsaturated Fat (g): 54g
Polyunsaturated Fat (g): 15g
Cholesterol (mg): 689mg
Carbohydrate (g): 466g
Dietary Fiber (g): 12g
Protein (g): 49g
Sodium (mg): 2704mg
Potassium (mg): 968mg
Calcium (mg): 610mg
Iron (mg): 14mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4123IU
Vitamin A (r.e.): 1046RE

Niacin (mg): 15mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 10 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 27
Other Carbohydrates: 20

Nutrition Facts

Amount Per Serving

Calories 3320 **Calories from Fat:** 1304

% Daily Values*

Total Fat 148g	227%
Saturated Fat 69g	347%
Cholesterol 689mg	230%
Sodium 2704mg	113%
Total Carbohydrates 466g	155%
Dietary Fiber 12g	50%
Protein 49g	
Vitamin A	82%
Vitamin C	3%
Calcium	61%
Iron	76%

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