

Pepper Bread

Gourmet Eating in South Carolina - (1985)

3 1/2 cups self-rising flour
1/2 cup sugar
1 tablespoon parsley flakes
1/2 teaspoon cracked black pepper
3 eggs, beaten
3/4 cup milk
1/2 cup sour cream
1/4 cup oil

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Preheat the oven to 400 degrees.

In a bowl, combine the flour, sugar, parsley and pepper. Mix well.

In a bowl, blend together the eggs, milk, sour cream and oil. Add to the flour mixture. Stir only until moistened (It is not necessary to rise). Pour the mixture into a greased 9 x 5-inch loaf pan.

Bake for 45 to 50 minutes.

Cool for 10 minutes before removing from the pan.

(You can make individual loaves by pouring the batter into five 4-1/2 x 2-1/2-inch loaf pans. Bake them for 20 to 25 minutes.)

Per Serving (excluding unknown items): 3001 Calories; 104g Fat (31.4% calories from fat); 72g Protein; 440g Carbohydrate; 15g Dietary Fiber; 712mg Cholesterol; 5919mg Sodium. Exchanges: 21 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Non-Fat Milk; 19 Fat; 6 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	3001	Vitamin B6 (mg):	.5mg
% Calories from Fat:	31.4%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	59.0%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	104g	Folacin (mcg):	278mcg
Saturated Fat (g):	30g	Niacin (mg):	26mg

Monounsaturated Fat (g): 47g
Polyunsaturated Fat (g): 17g
Cholesterol (mg): 712mg
Carbohydrate (g): 440g
Dietary Fiber (g): 15g
Protein (g): 72g
Sodium (mg): 5919mg
Potassium (mg): 1202mg
Calcium (mg): 1915mg
Iron (mg): 24mg
Zinc (mg): 5mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1873IU
Vitamin A (r.e.): 552 1/2RE

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

Food Exchanges

Grain (Starch): 21 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 19
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 3001 **Calories from Fat:** 941

% Daily Values*

Total Fat 104g	160%
Saturated Fat 30g	152%
Cholesterol 712mg	237%
Sodium 5919mg	247%
Total Carbohydrates 440g	147%
Dietary Fiber 15g	59%
Protein 72g	
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Vitamin A	37%
Vitamin C	5%
Calcium	191%
Iron	132%

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