

Pumpkin Bread II

Parish Patch Inn - Normandy, TN

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2 large or 4 small loaves

3 cups sugar
1 cup salad oil
4 eggs, well beaten
1 can (16 ounce) pumpkin
3 cups flour
2 teaspoons baking soda
1/2 teaspoon baking powder
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon allspice
1 teaspoon salt
1 cup floured raisins (optional)
1 cup chopped pecans (optional)

Copyright: James Stroman

Preheat the oven to 350 degrees.

In a bowl, mix together the sugar, oil, eggs and pumpkin,.

In another bowl, sift together the flour, baking soda, baking powder, nutmeg, cinnamon, cloves, allspice, and salt. Add to the pumpkin mixture. Fold in the raisins and pecans, if desired.

Pour the mixture into two greased and floured 9x5-inch loaf pans (or use four small loaf pans).

Bake the two loaves for one hour. (If making four small loaves, bake for 45 minutes.)

Per Serving (excluding unknown items): 5972 Calories; 243g Fat (36.1% calories from fat); 66g Protein; 901g Carbohydrate; 14g Dietary Fiber; 848mg Cholesterol; 5195mg Sodium. Exchanges: 19 1/2 Grain(Starch); 3 Lean Meat; 45 1/2 Fat; 40 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	5972	Vitamin B6 (mg):	.5mg
% Calories from Fat:	36.1%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	59.5%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	243g	Folacin (mcg):	217mcg
Saturated Fat (g):	33g	Niacin (mg):	23mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g): 137g
Polyunsaturated Fat (g): 51g
Cholesterol (mg): 848mg
Carbohydrate (g): 901g
Dietary Fiber (g): 14g
Protein (g): 66g
Sodium (mg): 5195mg
Potassium (mg): 1141mg
Calcium (mg): 399mg
Iron (mg): 24mg
Zinc (mg): 6mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 2863IU
Vitamin A (r.e.): 468 1/2RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 19 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 45 1/2
Other Carbohydrates: 40

Nutrition Facts

Amount Per Serving

Calories 5972 **Calories from Fat:** 2159

% Daily Values*

Total Fat 243g 374%
 Saturated Fat 33g 164%
Cholesterol 848mg 283%
Sodium 5195mg 216%
Total Carbohydrates 901g 300%
 Dietary Fiber 14g 57%
Protein 66g

Vitamin A 57%
Vitamin C 23%
Calcium 40%
Iron 133%

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