

Pumpkin Bread

Paula Macri
Scripps Treasure Coast Newspapers

- 2 cups sugar
- 2/3 cup butter, softened
- 1 can (15 ounce) pumpkin
- 2/3 cup milk
- 4 large eggs, beaten
- 3 1/2 cups flour
- 2 tablespoons baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons salt
- 1 teaspoon cinnamon
- 2/3 cup raisins
- 2/3 cup chopped nuts (walnut or pecan)

Preheat the oven to 350 degrees.

In a mixing bowl, blend the sugar and butter. Add the pumpkin, milk and eggs. Set aside.

In another bowl, mix the flour, baking soda, baking powder, salt and cinnamon. Stir in the pumpkin mixture. Add the raisins and nuts.

Spoon into two greased 8x4-inch loaf pans.

Bake for one hour until a toothpick comes out a clean.

Per Serving (excluding unknown items): 4933 Calories; 152g Fat (27.3% calories from fat); 81g Protein; 828g Carbohydrate; 18g Dietary Fiber; 1198mg Cholesterol; 12614mg Sodium. Exchanges: 22 1/2 Grain(Starch); 3 Lean Meat; 5 Fruit; 1/2 Non-Fat Milk; 27 Fat; 27 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	4933
% Calories from Fat:	27.3%
% Calories from Carbohydrates:	66.2%
% Calories from Protein:	6.5%
Total Fat (g):	152g
Saturated Fat (g):	86g
Monounsaturated Fat (g):	45g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	1198mg
Carbohydrate (g):	828g
	18g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	3.4mcg
Thiamin B1 (mg):	3.8mg
Riboflavin B2 (mg):	3.7mg
Folacin (mcg):	245mcg
Niacin (mg):	28mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

22 1/2

Dietary Fiber (g):
Protein (g): 81g
Sodium (mg): 12614mg
Potassium (mg): 2152mg
Calcium (mg): 657mg
Iron (mg): 29mg
Zinc (mg): 7mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 7626IU
Vitamin A (r.e.): 1661 1/2RE

Grain (Starch):
Lean Meat: 3
Vegetable: 0
Fruit: 5
Non-Fat Milk: 1/2
Fat: 27
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 4933 **Calories from Fat:** 1345

% Daily Values*

Total Fat 152g	233%
Saturated Fat 86g	430%
Cholesterol 1198mg	399%
Sodium 12614mg	526%
Total Carbohydrates 828g	276%
Dietary Fiber 18g	73%
Protein 81g	
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Vitamin A	153%
Vitamin C	26%
Calcium	66%
Iron	159%

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

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