

Quick Cheese Bread

Mary B. Jolley

Gourmet Eating in South Carolina - (1985)

Yield: 2 loaves

2 cups scalded milk
6 tablespoons shortening
1/4 cup + one tablespoon sugar,
divided
2 teaspoons salt
4 to 6 cups flour
2 envelopes yeast
1/4 cup lukewarm water
1 egg, well beaten
2 cups grated sharp cheese

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Preheat the oven to 375 degrees.

In a bowl, combine the shortening, scalded milk, 1/4 cup of sugar and the salt. Pour, while hot, over the grated cheese. Cool until lukewarm.

In a bowl, place the lukewarm water and 1/4 cup of sugar. Add the yeast to soften. Mix the yeast with the cheese mixture.

Add the egg and enough flour to make a soft dough. Knead for 2 to 3 minutes. Let rise until doubled in size; work down. Divide into two loaves. Place the loaves into two greased loaf pans. Let them double in bulk.

Bake for 45 minutes.

Per Serving (excluding unknown items): 2808 Calories; 87g Fat (28.2% calories from fat); 63g Protein; 437g Carbohydrate; 18g Dietary Fiber; 212mg Cholesterol; 4351mg Sodium. Exchanges: 25 1/2 Grain(Starch); 1 1/2 Lean Meat; 16 Fat; 3 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2808	Vitamin B6 (mg):	.5mg
% Calories from Fat:	28.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	62.7%	Thiamin B1 (mg):	4.3mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	3.4mg
Total Fat (g):	87g	Folacin (mcg):	482mcg
Saturated Fat (g):	22g	Niacin (mg):	35mg
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 23g
Cholesterol (mg): 212mg
Carbohydrate (g): 437g
Dietary Fiber (g): 18g
Protein (g): 63g
Sodium (mg): 4351mg
Potassium (mg): 883mg
Calcium (mg): 138mg
Iron (mg): 26mg
Zinc (mg): 5mg
Vitamin C (mg): trace
Vitamin A (i.u.): 244IU
Vitamin A (r.e.): 70RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 25 1/2
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 2808 **Calories from Fat:** 792

% Daily Values*

Total Fat 87g	134%
Saturated Fat 22g	108%
Cholesterol 212mg	71%
Sodium 4351mg	181%
Total Carbohydrates 437g	146%
Dietary Fiber 18g	73%
Protein 63g	
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Vitamin A	5%
Vitamin C	0%
Calcium	14%
Iron	147%

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