

Spiced Zucchini Bread

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

3 cups all-purpose flour
2 teaspoons soda
1 teaspoon salt
1/2 teaspoon baking powder
1 1/2 teaspoons ground cinnamon
3/4 cup pecans, finely chopped
3 eggs
2 cups sugar
1 cup vegetable oil
2 teaspoons vanilla
2 cups zucchini, coarsely shredded
1 can (8 ounce) crushed pineapple,
well drained

Preheat the oven to 350 degrees.

In a bowl, combine the flour, soda, salt, baking powder, cinnamon and nuts. Set aside.

In a large mixing bowl, beat the eggs lightly. Add the sugar, oil and vanilla. Beat until creamy. Stir in the zucchini and pineapple. Add the dry ingredients, stirring only until moistened.

Spoon the batter into two well greased and floured loaf pans.

Bake for one hour or until done.

Cool for 10 minutes in the pan. Turn out on a wire rack and cool completely.

Per Serving (excluding unknown items): 5822 Calories; 292g Fat (44.4% calories from fat); 68g Protein; 754g Carbohydrate; 23g Dietary Fiber; 636mg Cholesterol; 2609mg Sodium. Exchanges: 20 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 55 1/2 Fat; 27 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	5822	Vitamin B6 (mg):	.9mg
% Calories from Fat:	44.4%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	51.0%	Thiamin B1 (mg):	4.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	2.8mg
Total Fat (g):	292g	Folacin (mcg):	749mcg
Saturated Fat (g):	35g	Niacin (mg):	25mg
Monounsaturated Fat (g):	169g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 64g
Cholesterol (mg): 636mg
Carbohydrate (g): 754g
Dietary Fiber (g): 23g
Protein (g): 68g
Sodium (mg): 2609mg
Potassium (mg): 1866mg
Calcium (mg): 431mg
Iron (mg): 25mg
Zinc (mg): 10mg
Vitamin C (mg): 49mg
Vitamin A (i.u.): 1783IU
Vitamin A (r.e.): 315 1/2RE

Alcohol (kcal): 25
% Refuse: n n%

Food Exchanges

Grain (Starch): 20
Lean Meat: 3
Vegetable: 1
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 55 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 5822 **Calories from Fat:** 2587

% Daily Values*

Total Fat 292g	449%
Saturated Fat 35g	175%
Cholesterol 636mg	212%
Sodium 2609mg	109%
Total Carbohydrates 754g	251%
Dietary Fiber 23g	91%
Protein 68g	
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Vitamin A	36%
Vitamin C	81%
Calcium	43%
Iron	141%

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