

Zucchini Bread I

Frances Beck

Gourmet Eating in South Carolina - (1985)

4 eggs
1 1/3 cups salad oil
1 3/4 cups light brown sugar,
packed
3 cups unpeeled raw zucchini, grated
1 1/3 tablespoons cinnamon
2 1/2 teaspoons nutmeg
1 1/3 teaspoons salt
1 1/3 teaspoons baking powder
3 teaspoons vanilla
4 cups plain flour
1 cup pecans, chopped

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Preheat the oven to 350 degrees.

In a bowl, beat the eggs until foamy. Add the oil and sugar.

Add the zucchini, cinnamon, nutmeg, salt, baking powder and vanilla.. Mix well.

Add the flour and blend until well mixed. Stir in the nuts. Pour the batter into two greased and floured loaf pans.

Bake for 30 minutes or more.

Serve with softened cream cheese.

Per Serving (excluding unknown items): 4629 Calories; 385g Fat (73.2% calories from fat); 34g Protein; 283g Carbohydrate; 14g Dietary Fiber; 848mg Cholesterol; 3867mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 74 Fat; 16 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	4629	Vitamin B6 (mg):	.6mg
% Calories from Fat:	73.2%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	23.9%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	385g	Folacin (mcg):	148mcg
Saturated Fat (g):	47g	Niacin (mg):	1mg
Monounsaturated Fat (g):	225g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	82g	Alcohol (kcal):	38
Cholesterol (mg):	848mg	% Refuse:	0.0%

Carbohydrate (g):	283g
Dietary Fiber (g):	14g
Protein (g):	34g
Sodium (mg):	3867mg
Potassium (mg):	1636mg
Calcium (mg):	858mg
Iron (mg):	15mg
Zinc (mg):	9mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	1144IU
Vitamin A (r.e.):	297RE

Food Exchanges

Grain (Starch):	2
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	74
Other Carbohydrates:	16 1/2

Nutrition Facts

Amount Per Serving

Calories 4629 **Calories from Fat:** 3387

% Daily Values*

Total Fat 385g	593%
Saturated Fat 47g	236%
Cholesterol 848mg	283%
Sodium 3867mg	161%
Total Carbohydrates 283g	94%
Dietary Fiber 14g	57%
Protein 34g	
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Vitamin A	23%
Vitamin C	8%
Calcium	86%
Iron	84%

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