

Aunt Bertha's Pumpkin Bread

Anita Wells - Palm City, FL
Scripps Treasure Coast Newspapers

1 1/2 cups sugar
2 cups flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon ground cloves
1/4 teaspoon salt
1/2 teaspoon vanilla
2 eggs, beaten
1/2 cup oil
1/2 cup milk
1 cup pumpkin

Preheat the oven to 350 degrees.

Sift the dry ingredients into a large bowl. If desired, add one-half cup of chopped nuts.

In a separate bowl, mix the wet ingredients.

Add the wet ingredients to the dry ingredients and mix until fully incorporated.

Pour into a greased loaf pan.

Bake for 75 minutes.

Per Serving (excluding unknown items): 3308 Calories; 126g Fat (34.0% calories from fat); 44g Protein; 508g Carbohydrate; 9g Dietary Fiber; 441mg Cholesterol; 1616mg Sodium. Exchanges: 13 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 23 1/2 Fat; 20 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 3308 |
| % Calories from Fat: | 34.0% |
| % Calories from Carbohydrates: | 60.8% |
| % Calories from Protein: | 5.2% |
| Total Fat (g): | 126g |
| Saturated Fat (g): | 19g |
| Monounsaturated Fat (g): | 70g |
| Polyunsaturated Fat (g): | 26g |
| Cholesterol (mg): | 441mg |
| Carbohydrate (g): | 508g |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .4mg |
| Vitamin B12 (mcg): | 1.7mcg |
| Thiamin B1 (mg): | 2.1mg |
| Riboflavin B2 (mg): | 2.1mg |
| Folacin (mcg): | 140mcg |
| Niacin (mg): | 16mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 6 |
| % Refuse: | n n% |

Food Exchanges

Dietary Fiber (g): 9g
Protein (g): 44g
Sodium (mg): 1616mg
Potassium (mg): 1006mg
Calcium (mg): 433mg
Iron (mg): 16mg
Zinc (mg): 4mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 2506IU
Vitamin A (r.e.): 373RE

Grain (Starch): 13
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 23 1/2
Other Carbohydrates: 20

Nutrition Facts

Amount Per Serving

Calories 3308 **Calories from Fat:** 1123

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 126g | 194% |
| Saturated Fat | 19g | 95% |
| Cholesterol | 441mg | 147% |
| Sodium | 1616mg | 67% |
| Total Carbohydrates | 508g | 169% |
| Dietary Fiber | 9g | 38% |
| Protein | 44g | |
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| Vitamin A | | 50% |
| Vitamin C | | 21% |
| Calcium | | 43% |
| Iron | | 88% |

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