

Beer Loaf Bread

Gourmet Eating in South Carolina - (1985)

3 cups self-rising flour
12 ounces beer
3 tablespoons sugar

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Preheat the oven to 350 degrees.

In a bowl, mix the flour, beer and sugar together.

Pour the batter into a well greased loaf pan.

Bake for 45 minutes to one hour..

Test for doneness with a straw or toothpick.

Per Serving (excluding unknown items): 1612 Calories; 4g Fat (2.2% calories from fat); 38g Protein; 328g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 4780mg Sodium. Exchanges: 18 1/2 Grain(Starch); 1 Fat; 2 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1612
% Calories from Fat:	2.2%
% Calories from Carbohydrates:	87.7%
% Calories from Protein:	10.2%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	328g
Dietary Fiber (g):	13g
Protein (g):	38g
Sodium (mg):	4780mg
Potassium (mg):	551mg
Calcium (mg):	1285mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	2.5mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	178mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	139
% Refuse:	n n%

Food Exchanges

Grain (Starch):	18 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 18mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fat: 1
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 1612 Calories from Fat: 35

% Daily Values*

Total Fat	4g		6%
Saturated Fat	1g		3%
Cholesterol	0mg		0%
Sodium	4780mg		199%
Total Carbohydrates	328g		109%
Dietary Fiber	13g		52%
Protein	38g		
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Vitamin A			0%
Vitamin C			0%
Calcium			128%
Iron			98%

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