

Eggnog Bread

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Servings: 16

Yield: 1 loaf, 16 slices

2 eggs
3/4 cup sugar
1/4 cup butter, melted
2 1/4 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1 cup eggnog (commercially prepared)
1/2 cup chopped pecans
1/2 cup raisins
1/2 cup chopped red and green candied cherries

Preparation Time: 15 minutes

Bake: 1 hour 10 minutes

Preheat the oven to 350 degrees.

In a large bowl, beat the eggs, sugar and butter until well blended.

In another bowl, mix the flour, baking powder and salt. Add to the egg mixture alternatively with the eggnog, beating just until blended. Fold in the pecans, raisins and cherries.

Transfer to a greased 8x4-inch loaf pan.

Bake for 70 minutes or until a toothpick inserted in the center comes out clean.

Cool in the pan for 10 minutes before removing to a wire rack to cool.

Per Serving (excluding unknown items): 174 Calories; 6g Fat (31.5% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 233mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	trace
% Calories from Fat:	31.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	61.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	32mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 34mg
Carbohydrate (g): 27g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 233mg
Potassium (mg): 77mg
Calcium (mg): 45mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 144IU
Vitamin A (r.e.): 36RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 174 Calories from Fat: 55

% Daily Values*

Total Fat	6g		10%
	Saturated Fat	2g	11%
Cholesterol	34mg		11%
Sodium	233mg		10%
Total Carbohydrates	27g		9%
	Dietary Fiber	1g	4%
Protein	3g		
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Vitamin A			3%
Vitamin C			0%
Calcium			5%
Iron			7%

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