

# Lemon Bread

Mrs. J. Buffington Maguire Jr - Pampas, TX  
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Yield: one loaf

1/2 cup shortening  
1 cup sugar  
2 eggs, slightly beaten  
1 1/4 cups flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup milk  
1/2 cup walnuts or pecans, finely  
chopped  
juice of one lemon  
rind of one lemon  
1/4 cup sugar

Preheat the oven to 350 degrees.

In the bowl, cream together the shortening and sugar. Stir in the slightly beaten eggs.

In a bowl, sift together the flour, baking powder and salt. Stir this mixture into the creamed mixture alternately with the milk.

Add the walnuts and lemon rind. Pour into a 9x5-inch loaf pan.

Bake for about one hour.

Remove the bread from the oven and pierce the surface with a small skewer or toothpick to make small holes.

In a bowl, combine the sugar and lemon juice. Pour over the hot bread very slowly.

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Per Serving (excluding unknown items): 2668 Calories; 118g Fat (39.4% calories from fat); 33g Protein; 377g Carbohydrate; 5g Dietary Fiber; 441mg Cholesterol; 1226mg Sodium. Exchanges: 8 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 22 Fat; 17 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2668	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	39.4%	<b>Vitamin B12 (mcg):</b>	1.7mcg
<b>% Calories from Carbohydrates:</b>	55.8%	<b>Thiamin B1 (mg):</b>	1.4mg
<b>% Calories from Protein:</b>	4.8%	<b>Riboflavin B2 (mg):</b>	1.5mg
<b>Total Fat (g):</b>	118g	<b>Folacin (mcg):</b>	95mcg
<b>Saturated Fat (g):</b>	31g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	51g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	29g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	441mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	377g		
<b>Dietary Fiber (g):</b>	5g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	33g	<b>Grain (Starch):</b>	8
<b>Sodium (mg):</b>	1226mg	<b>Lean Meat:</b>	1 1/2
		<b>Vegetable:</b>	0

**Potassium (mg):** 492mg  
**Calcium (mg):** 497mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 642IU  
**Vitamin A (r.e.):** 186 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 22  
**Other Carbohydrates:** 17

## Nutrition Facts

### Amount Per Serving

**Calories** 2668 Calories from Fat: 1050

### % Daily Values\*

<b>Total Fat</b>	118g	182%
	Saturated Fat 31g	157%
<b>Cholesterol</b>	441mg	147%
<b>Sodium</b>	1226mg	51%
<b>Total Carbohydrates</b>	377g	126%
	Dietary Fiber 5g	18%
<b>Protein</b>	33g	
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<b>Vitamin A</b>		13%
<b>Vitamin C</b>		2%
<b>Calcium</b>		50%
<b>Iron</b>		54%

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