

Bread

Pecan Cranberry-Orange Bread

Per serving: 221 calories; 4gr protein; 32gr carbohydrates; 1gr fiber; 9gr fat; 1gr saturated fat; 36mg cholesterol; 195mg sodium.

4 tablespoons vegetable oil
3/4 cup sugar
2 large eggs
2 teaspoons grated orange rind
2 cups all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon salt
1/2 cup lowfat milk
1/4 cup orange juice
1 cup fresh cranberries, coarsely chopped
1/2 cup pecans

Preheat oven to 350 degrees. Lightly coat a 9x5x3-inch loaf pan and set aside.

Place oil and sugar in a large mixing bowl. Beat with electric mixer on medium-low speed until well combined.

Add eggs and orange rind. Beat until eggs lighten in color.

Stir together flour, baking powder and salt. Add to batter alternately with milk and orange juice. Beat on low until smooth. Fold in cranberries and pecans.

Pour batter into prepared pan and smooth top. Place pan in the center of the oven and bake until lightly browned and firm, about 55 to 60 minutes.

Cool in pan 10 minutes, then turn out onto a rack to complete cooling. Slice and serve.

Per Serving (excluding unknown items): 2565 Calories; 104g Fat (35.9% calories from fat); 43g Protein; 373g Carbohydrate; 15g Dietary Fiber; 424mg Cholesterol; 3499mg Sodium. Exchanges: 13 Grain(Starch); 2 Lean Meat; 1 1/2 Fruit; 18 1/2 Fat; 10 Other Carbohydrates.