

Pumpkin Cheese Bread

*Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.*

Yield: 2 loaves

2 1/2 cups sugar
1 package (8 ounce) cream cheese,
softened
1/2 cup margarine
4 eggs
1 can (16 ounce) pumpkin
3 1/2 cups flour
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/4 teaspoon ground cloves
1 cup chopped nuts

In a bowl, combine the sugar, cream cheese and margarine. Mix at medium speed with an electric mixer until well blended.

Add the eggs, one at a time, mixing well after each addition. Blend in the pumpkin.

In a bowl, combine the flour, baking soda, salt, cinnamon, baking powder and cloves. Add to the pumpkin, mixing just until moistened. Fold in the nuts. Pour into two greased and floured 9x5-inch loaf pans.

Bake at 350 degrees for one hour or until a wooden pick inserted in the center comes out clean.

Cool for 5 minutes. Remove from the pans.

Per Serving (excluding unknown items): 6361 Calories; 276g Fat (38.4% calories from fat); 114g Protein; 883g Carbohydrate; 29g Dietary Fiber; 1103mg Cholesterol; 6957mg Sodium. Exchanges: 24 1/2 Grain(Starch); 8 1/2 Lean Meat; 49 Fat; 33 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	6361	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	38.4%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	54.5%	Thiamin B1 (mg):	4.4mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	4.1mg
Total Fat (g):	276g	Folacin (mcg):	380mcg
Saturated Fat (g):	86g	Niacin (mg):	34mg

Monounsaturated Fat (g): 120g
Polyunsaturated Fat (g): 54g
Cholesterol (mg): 1103mg
Carbohydrate (g): 883g
Dietary Fiber (g): 29g
Protein (g): 114g
Sodium (mg): 6957mg
Potassium (mg): 2308mg
Calcium (mg): 752mg
Iron (mg): 34mg
Zinc (mg): 14mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 10214IU
Vitamin A (r.e.): 2370RE

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

Food Exchanges

Grain (Starch): 24 1/2
Lean Meat: 8 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 49
Other Carbohydrates: 33 1/2

Nutrition Facts

Amount Per Serving

Calories 6361 **Calories from Fat:** 2443

% Daily Values*

Total Fat 276g	425%
Saturated Fat 86g	431%
Cholesterol 1103mg	368%
Sodium 6957mg	290%
Total Carbohydrates 883g	294%
Dietary Fiber 29g	115%
Protein 114g	
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Vitamin A	204%
Vitamin C	21%
Calcium	75%
Iron	187%

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