

Rocky Mountain Apple Bread

Isaak Walton Inn - Essex, MT

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2 loaves

4 eggs
2 cups sugar
1/2 cup buttermilk
1/2 cup mayonnaise
1 teaspoon vanilla extract
3 1/2 cups flour
1/4 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
2 tart green apples, peeled, cored and chopped
1 cup raisins
1 cup chopped walnuts

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Preheat the oven to 375 degrees.

In a large bowl, beat the eggs, sugar, buttermilk, mayonnaise and vanilla until smooth.

In another bowl, mix the flour, salt, baking powder, baking soda and cinnamon. Add to the egg mixture. Stir just until combined.

Add the apples, raisins and nuts. Stir just to mix. Spread the batter evenly in two greased and floured 9x5-inch loaf pans.

Bake until a cake tester inserted in the center comes out clean, about one hour and 10 minutes.

Cool in the pan for 10 minutes, then turn out onto a rack to cool completely.

Per Serving (excluding unknown items): 5489 Calories; 190g Fat (30.3% calories from fat); 111g Protein; 875g Carbohydrate; 26g Dietary Fiber; 891mg Cholesterol; 2716mg Sodium. Exchanges: 23 Grain(Starch); 7 Lean Meat; 7 1/2 Fruit; 1/2 Non-Fat Milk; 21 1/2 Fat; 27 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	5489	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	30.3%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	61.9%	Thiamin B1 (mg):	4.1mg
% Calories from Protein:	7.8%	Riboflavin B2 (mg):	3.6mg
Total Fat (g):	190g	Folacin (mcg):	312mcg

Saturated Fat (g): 25g
Monounsaturated Fat (g): 49g
Polyunsaturated Fat (g): 97g
Cholesterol (mg): 891mg
Carbohydrate (g): 875g
Dietary Fiber (g): 26g
Protein (g): 111g
Sodium (mg): 2716mg
Potassium (mg): 2723mg
Calcium (mg): 781mg
Iron (mg): 33mg
Zinc (mg): 11mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1712IU
Vitamin A (r.e.): 391RE

Niacin (mg): 28mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: n n%

Food Exchanges

Grain (Starch): 23
Lean Meat: 7
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 1/2
Fat: 21 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 5489 **Calories from Fat:** 1662

% Daily Values*

Total Fat	190g	293%
Saturated Fat	25g	126%
Cholesterol	891mg	297%
Sodium	2716mg	113%
Total Carbohydrates	875g	292%
Dietary Fiber	26g	104%
Protein	111g	
Vitamin A		34%
Vitamin C		18%
Calcium		78%
Iron		184%

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