

Pumpkin Bread I

Gourmet Eating in South Carolina - (1985)

4 eggs
1 cup vegetable oil
1 can (16 ounce) pumpkin
3 cups sugar
3 1/3 cups flour
2 teaspoons baking soda
1 teaspoon ground ginger
1 teaspoon nutmeg
2 teaspoons cinnamon
1 teaspoon salt
1 cup chopped nuts

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

Preheat the oven to 350 degrees.

In a bowl, beat the eggs. Add the oil. Mix well. Add the pumpkin and sugar. Blend well.

Add the baking soda, salt, ginger, nutmeg and cinnamon to the flour. Fold the flour into the pumpkin mixture. Mix well.

Stir in the nuts. Pour into two greased and floured loaf pans.

Bake for one and one-half hours.

Per Serving (excluding unknown items): 6997 Calories; 323g Fat (40.8% calories from fat); 94g Protein; 963g Carbohydrate; 30g Dietary Fiber; 848mg Cholesterol; 4962mg Sodium. Exchanges: 23 1/2 Grain(Starch); 6 Lean Meat; 59 1/2 Fat; 40 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	6997	Vitamin B6 (mg):	.9mg
% Calories from Fat:	40.8%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	54.0%	Thiamin B1 (mg):	4.2mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	3.5mg
Total Fat (g):	323g	Folacin (mcg):	345mcg
Saturated Fat (g):	45g	Niacin (mg):	33mg
Monounsaturated Fat (g):	182g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	70g	Alcohol (kcal):	0
Cholesterol (mg):	848mg	% Refuse:	0 0%
Carbohydrate (g):	963g		
Dietary Fiber (g):	30g		
	94g		

Food Exchanges

Grain (Starch): 23 1/2
6
1

Protein (g):
Sodium (mg): 4962mg
Potassium (mg): 2000mg
Calcium (mg): 426mg
Iron (mg): 31mg
Zinc (mg): 13mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 2876IU
Vitamin A (r.e.): 470RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 59 1/2
Other Carbohydrates: 40

Nutrition Facts

Amount Per Serving

Calories 6997 **Calories from Fat:** 2853

% Daily Values*

Total Fat 323g	497%
Saturated Fat 45g	226%
Cholesterol 848mg	283%
Sodium 4962mg	207%
Total Carbohydrates 963g	321%
Dietary Fiber 30g	119%
Protein 94g	
<hr/>	
Vitamin A	58%
Vitamin C	21%
Calcium	43%
Iron	171%

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