

Pumpkin Nut Bread

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1 3/4 cups all-purpose flour
1 1/2 cups sugar
1 teaspoon baking soda
3/4 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 can pumpkin puree'
3 eggs, slightly beaten
1/4 cup vegetable oil
4 tablespoons butter,
melted
1 cup chopped pecans

Preheat the oven to 350 degrees.

Lightly grease and flour a 9x5-inch loaf pan.

In a medium bowl, sift the flour, sugar, baking soda, salt, nutmeg and cinnamon. Make a well in the center. Add the pumpkin, eggs, oil and melted butter. Stir until combined. Fold in the pecans.

Pour the batter into the prepared pan.

Bake for one hour and 15 minutes until golden brown and a sharp knife inserted into the center comes out clean.

Transfer to a cooling rack.

Per Serving (excluding unknown items): 3870 Calories; 198g Fat (45.2% calories from fat); 51g Protein; 491g Carbohydrate; 16g Dietary Fiber; 760mg Cholesterol; 3545mg Sodium. Exchanges: 12 1/2 Grain(Starch); 3 Lean Meat; 37 Fat; 20 Other Carbohydrates.