

Pecan Bread

- 2/3 cup sugar
 - 1/4 cup unsalted butter
 - 2 large eggs
 - 2 cups sifted flour
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1 cup orange juice or milk
 - 1/2 teaspoon vanilla
 - 2/3 cup chopped pecans
1. Preheat oven to 350°F. Grease a 9- by 5-inch loaf pan.
 2. Beat sugar, butter and eggs until creamy.
 3. Mix flour, baking powder and salt thoroughly. Spoon about 2 tablespoons of the flour mixture into the pecans. Mix well and set aside.
 4. Combine orange juice or milk and vanilla. Stir flour mixture into egg mixture alternately with liquids. Stir in pecans mixed with flour.
 5. Pour batter into the greased loaf pan. Bake at 350°F 50 to 60 minutes, or until no batter clings to a toothpick inserted in the center of the loaf. Remove from the pan and cool on a rack.

Yield: 1 loaf (15 servings)

| Nutrition Facts | | |
|---------------------------|----------------------|---------------|
| Serving Size: 1 slice | | |
| Servings per recipe: 15 | | |
| Amount Per Serving | | |
| Calories 170 | Calories from fat 49 | |
| Value | | % Daily |
| Total Fat 7g | | 11% |
| Saturated fat 2g | | 12% |
| Cholesterol 33mg | | 11% |
| Sodium 177mg | | 7% |
| Carbohydrate 24g | | 8% |
| Dietary Fiber 1g | | 3% |
| Protein 3g | | 6% |
| Vitamin A: 4% | Vitamin C: 14% | Folacin: 5% |
| Calcium: 6% | Iron: 6% | Potassium: 2% |

Source: "Modified from: "Family Fare-Food Management and Recipes," USDA Home & Garden Bulletin No. 1, revised 1968.

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