



## Nana's Nut Bread

READY IN



70 min.

SERVINGS



8

CALORIES



550 kcal

BREAD

### Ingredients

- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 2 eggs beaten
- 4 cups flour all-purpose
- 2 cups milk
- 1 pinch salt
- 2 tablespoons shortening
- 1 cup walnuts chopped
- 1.5 cups sugar white

# Equipment

oven

# Directions

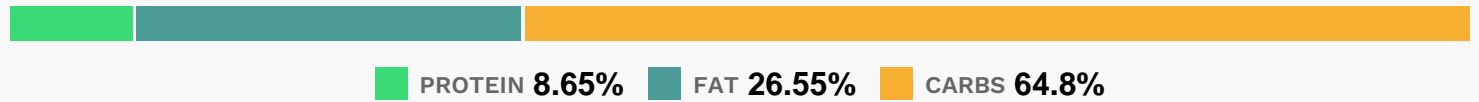
Cream shortening with sugar.

Mix in eggs. Dissolve soda in milk, and add to the creamed mixture. Stir in flour, cream of tartar, and salt. Stir in nuts.

Pour batter into a 3 pound coffee can, or several 1 pound soup cans; fill containers 1/2 to 3/4 full.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until a tester inserted in the center of loaf comes out clean.

# Nutrition Facts



# Properties

Glycemic Index:25.39, Glycemic Load:61.97, Inflammation Score:-5, Nutrition Score:15.242173930225%

# Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

# Nutrients (% of daily need)

Calories: 550.08kcal (27.5%), Fat: 16.47g (25.33%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 90.44g (30.15%), Net Carbohydrates: 87.77g (31.92%), Sugar: 40.95g (45.5%), Cholesterol: 48.24mg (16.08%), Sodium: 182.88mg (7.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.13%), Manganese: 0.93mg (46.71%), Vitamin B1: 0.58mg (38.65%), Selenium: 26.67µg (38.1%), Folate: 133.88µg (33.47%), Vitamin B2: 0.47mg (27.78%), Phosphorus: 201.53mg (20.15%), Iron: 3.57mg (19.82%), Vitamin B3: 3.93mg (19.63%), Copper: 0.34mg (16.76%), Magnesium: 45.51mg (11.38%), Fiber: 2.67g (10.68%), Calcium: 105.37mg (10.54%), Potassium: 362.55mg (10.36%), Zinc: 1.29mg (8.59%), Vitamin B6: 0.16mg (8.1%), Vitamin B5: 0.77mg (7.75%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.89µg (5.94%), Vitamin A: 161.15IU (3.22%), Vitamin E: 0.48mg (3.21%), Vitamin K: 2.5µg (2.38%)