



Anise Pumpkin Bread

READY IN



60 min.

SERVINGS



10

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 large eggs room temperature
- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 1 cup pumpkin puree canned
- 0.3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1.3 cups flour all-purpose
- 0.3 cup oats
- 2 teaspoons double-acting baking powder

- 1 teaspoon aniseed
- 0.5 teaspoon salt
- 0.5 cup powdered sugar
- 2 teaspoons milk 2%
- 0.3 teaspoon anise extract
- 0.3 teaspoon dave's vanilla and coffee syrup

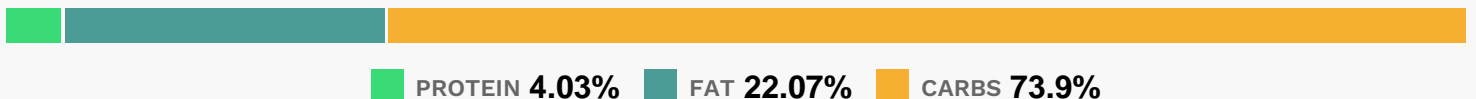
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat oven to 350°. In a bowl, combine the eggs, brown sugar, pumpkin, oil and vanilla. In another bowl, combine the flour, oats, baking powder, aniseed and salt; add to pumpkin mixture and stir until well blended.
- Pour into a greased and floured 8x4-in. loaf pan.
- Bake until a toothpick inserted in the center comes out clean, 45–50 minutes. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
- Combine glaze ingredients; drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:9.71, Inflammation Score:-9, Nutrition Score:9.6230436408001%

Nutrients (% of daily need)

Calories: 344.95kcal (17.25%), Fat: 8.63g (13.28%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 63.68g (23.16%), Sugar: 49.64g (55.15%), Cholesterol: 37.28mg (12.43%), Sodium: 229.89mg (10%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 3.54g (7.09%), Vitamin A: 3868.58IU (77.37%), Vitamin K: 17.43µg (16.6%), Selenium: 9.76µg (13.94%), Manganese: 0.27mg (13.37%), Calcium: 101.47mg (10.15%), Iron: 1.82mg (10.09%), Vitamin B1: 0.14mg (9.64%), Folate: 37.39µg (9.35%), Vitamin B2: 0.14mg (8.38%), Phosphorus: 75.65mg (7.57%), Vitamin E: 0.98mg (6.55%), Vitamin B3: 1.09mg (5.47%), Fiber: 1.35g (5.41%), Magnesium: 20.43mg (5.11%), Copper: 0.09mg (4.34%), Potassium: 151.99mg (4.34%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.06mg (2.97%), Zinc: 0.38mg (2.5%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.07mg (1.3%)