



Autumn Spiced Butternut Squash Bread

 Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



431 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 cups butternut squash pureed cooked
- ☐ 4 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1.5 teaspoons salt

- ☐ 0.7 cup shortening
- ☐ 0.7 cup water
- ☐ 2.7 cups sugar white

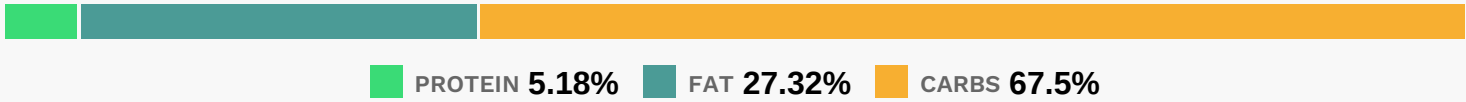
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5-inch loaf pans.
- ☐ Beat sugar and shortening together in a bowl until fluffy. Stir butternut squash, eggs, and water into sugar mixture.
- ☐ Mix flour, baking soda, baking powder, salt, cinnamon, and cloves in another bowl; stir into sugar mixture.
- ☐ Add nuts and raisins; stir until batter is just blended.
- ☐ Pour batter into prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 15 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:50.37, Inflammation Score:-9, Nutrition Score:10.700434778048%

Nutrients (% of daily need)

Calories: 430.87kcal (21.54%), Fat: 13.31g (20.48%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 74.02g (24.67%), Net Carbohydrates: 72.47g (26.35%), Sugar: 45.02g (50.03%), Cholesterol: 54.56mg (18.19%), Sodium: 568.24mg

(24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Vitamin A: 2560.29IU (51.21%), Selenium: 16.68µg (23.82%), Manganese: 0.42mg (21%), Vitamin B1: 0.3mg (20.29%), Folate: 76.79µg (19.2%), Vitamin B2: 0.25mg (14.83%), Iron: 2.17mg (12.06%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 89.13mg (8.91%), Vitamin E: 1.23mg (8.18%), Calcium: 67.65mg (6.77%), Vitamin K: 6.75µg (6.43%), Fiber: 1.55g (6.2%), Vitamin C: 4.91mg (5.95%), Vitamin B5: 0.55mg (5.49%), Magnesium: 18.18mg (4.55%), Copper: 0.08mg (4.2%), Potassium: 143.03mg (4.09%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)