



Bread Machine Pumpkin Spice Quick Bread



Vegetarian



Dairy Free



Popular

READY IN



190 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



1 cup sugar



1 cup pumpkin puree canned



0.3 cup vegetable oil



1 teaspoon vanilla



2 eggs



1.5 cups flour all-purpose for flour



2 teaspoons double-acting baking powder



0.3 teaspoon salt

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup nuts chopped

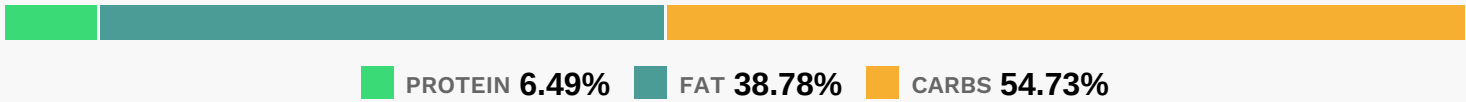
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Grease bread machine pan and kneading blade generously with shortening.
- ☐ Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Quick Bread cycle only. After 3 minutes into cycle, open lid and carefully scrape down sides of pan. Close lid to continue with cycle.
- ☐ Cool baked bread 10 minutes.
- ☐ Remove from pan to wire rack, or follow manufacturer's recommendation.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:20.73, Inflammation Score:-9, Nutrition Score:8.6456522526948%

Nutrients (% of daily need)

Calories: 229.64kcal (11.48%), Fat: 10.12g (15.57%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.48g (11.09%), Sugar: 17.43g (19.37%), Cholesterol: 27.28mg (9.09%), Sodium: 131.86mg (5.73%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.81g (7.62%), Vitamin A: 3218.51IU (64.37%), Manganese: 0.3mg (14.99%), Vitamin K: 14.55µg (13.86%), Selenium: 7.74µg (11.06%), Vitamin B1: 0.14mg (9.52%), Folate: 37.54µg (9.38%), Iron: 1.46mg (8.11%), Vitamin B2: 0.14mg (8.08%), Phosphorus: 79.48mg (7.95%), Fiber: 1.66g (6.64%), Vitamin B3: 1.29mg (6.45%), Copper: 0.13mg (6.45%), Magnesium: 22.96mg (5.74%), Calcium: 57.24mg (5.72%),

Vitamin E: 0.8mg (5.36%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.47mg (3.16%), Potassium: 106.76mg (3.05%),
Vitamin B6: 0.05mg (2.45%), Vitamin B12: 0.07µg (1.09%), Vitamin C: 0.89mg (1.08%)