



Brother Boniface's Pumpkin Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 15 ounce pumpkin canned
- ☐ 4 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup pecans chopped
- ☐ 1.5 teaspoons salt
- ☐ 3 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 0.7 cup water

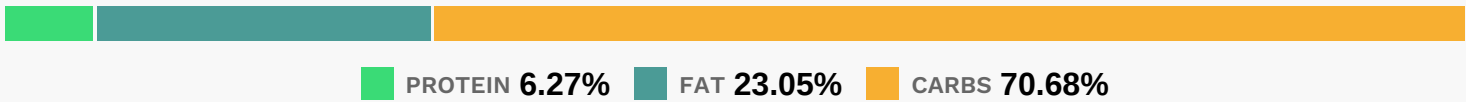
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 14 ingredients at medium speed with an electric mixer just until dry ingredients are moistened. Fold in pecans. Spoon evenly into 2 greased and floured 9- x 5-inch loafpans.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:43.56, Inflammation Score:-10, Nutrition Score:12.42869547139%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 357.74kcal (17.89%), Fat: 9.38g (14.43%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 64.72g (21.57%),
Net Carbohydrates: 62.32g (22.66%), Sugar: 38.74g (43.05%), Cholesterol: 46.5mg (15.5%), Sodium: 402.15mg
(17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin A: 4208.54IU (84.17%),
Manganese: 0.64mg (32.01%), Selenium: 15.05µg (21.5%), Vitamin B1: 0.3mg (20.15%), Folate: 67.9µg (16.97%),
Vitamin B2: 0.24mg (14.25%), Iron: 2.29mg (12.73%), Vitamin B3: 2.04mg (10.2%), Fiber: 2.4g (9.6%), Vitamin K:
9.76µg (9.3%), Phosphorus: 92.68mg (9.27%), Copper: 0.17mg (8.55%), Magnesium: 23.52mg (5.88%), Vitamin E:
0.76mg (5.06%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.49mg (4.95%), Calcium: 41.19mg (4.12%), Potassium:
136.89mg (3.91%), Vitamin B6: 0.07mg (3.26%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Vitamin C:
1.22mg (1.48%)