



 4%
HEALTH SCORE

Chef John's Pumpkin Bread

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1110 min.

SERVINGS



8

CALORIES



6 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon yeast dry
- 0.5 cup pumpkin puree canned
- 1 pinch pumpkin pie spice
- 1.3 teaspoons salt
- 1 tablespoon water (100 to 110 degrees F/40 to 45 degrees C)

Equipment

- bowl
- frying pan

- oven
- knife
- wire rack
- spatula

Directions

- In a medium bowl, stir together pumpkin puree, 1 cup plus 1 tablespoon of warm water, yeast, salt, and pumpkin pie spice.
- Mix in flour with a spatula until the dough is fully mixed and all the flour is moistened. Cover bowl with a damp towel, and allow dough to rise for 12–16 hours.
- Scrape dough onto floured surface with floured spatula; sprinkle dough with more flour. With your fingers, press dough out into a rough square about 1 inch thick. Fold all four sides of dough in towards center, then turn folded dough over and form into a round loaf.
- Generously cover a sheet pan with cornmeal.
- Place loaf on prepared sheet pan with seam sides down, dusting top and sides with flour, then place a floured towel over dough. Allow to rise until doubled in size, about 1-1/2 hours.
- Preheat oven to 425 degrees F (220 degrees C) and place a pan with 2 inches of water on the bottom rack. Just before baking, make a shallow slice (1/2 inch) across top of dough with a sharp knife.
- Bake for 30 minutes in preheated oven. Turn pan around and bake for an additional 20 minutes, or until golden brown. Cool on a wire rack.

Nutrition Facts

■ PROTEIN **12.43%** ■ FAT **8.59%** ■ CARBS **78.98%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:2.87956513756%

Nutrients (% of daily need)

Calories: 5.95kcal (0.3%), Fat: 0.07g (0.1%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 364.33mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin A: 2383.41IU (47.67%), Vitamin K: 2.49µg (2.37%), Manganese: 0.04mg (2.19%), Fiber: 0.49g (1.95%), Iron: 0.24mg (1.35%), Vitamin E: 0.16mg (1.1%), Folate: 4.14µg

(1.04%)