



Chocolate Almond Pumpkin Bread

 Dairy Free

READY IN



105 min.

SERVINGS



5

CALORIES



757 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup almonds toasted chopped
- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 1.7 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg

- 0.5 teaspoon pumpkin pie spice
- 1 cup pumpkin puree
- 0.8 teaspoon salt
- 1 cup semi chocolate chips
- 0.5 cup vegetable oil
- 0.3 cup water
- 1.5 cups sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray the inside of a 9x5-inch loaf pan with cooking spray.
- Mix flour, sugar, baking soda, salt, cloves, cinnamon, nutmeg, pumpkin pie spice, and baking powder together in a large bowl.
- Add pumpkin puree, vegetable oil, water, and eggs; beat until well incorporated and smooth. Gently stir in chocolate chips and almonds.
- Pour batter into the prepared loaf pan.
- Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, 1 hour and 15 minutes.
- Let cool in pan for 10 minutes before transferring to a wire rack to finish cooling.

Nutrition Facts



■ PROTEIN 6.39% ■ FAT 32.42% ■ CARBS 61.19%

Properties

Glycemic Index:64.42, Glycemic Load:65.11, Inflammation Score:-10, Nutrition Score:24.705652081448%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 757.16kcal (37.86%), Fat: 27.82g (42.81%), Saturated Fat: 9.9g (61.88%), Carbohydrates: 118.19g (39.4%), Net Carbohydrates: 110.73g (40.27%), Sugar: 75.59g (83.99%), Cholesterol: 67.63mg (22.54%), Sodium: 623.02mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.96mg (10.32%), Protein: 12.34g (24.68%), Vitamin A: 7740.69IU (154.81%), Manganese: 1.36mg (68.09%), Copper: 0.73mg (36.66%), Selenium: 23.74µg (33.91%), Vitamin E: 4.99mg (33.23%), Iron: 5.87mg (32.61%), Magnesium: 126.02mg (31.5%), Fiber: 7.46g (29.84%), Vitamin B2: 0.51mg (29.75%), Phosphorus: 264.76mg (26.48%), Vitamin B1: 0.39mg (25.87%), Folate: 96.96µg (24.24%), Vitamin K: 19.03µg (18.12%), Vitamin B3: 3.49mg (17.43%), Potassium: 484.99mg (13.86%), Zinc: 2.03mg (13.52%), Calcium: 107.67mg (10.77%), Vitamin B5: 0.83mg (8.25%), Vitamin B6: 0.11mg (5.49%), Vitamin B12: 0.22µg (3.69%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.35µg (2.35%)