



Chocolate Chip Pumpkin Bread

 Dairy Free

READY IN



190 min.

SERVINGS



32

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 cups flour all-purpose
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 2 cups sugar
- 0.8 cup butter softened
- 4 eggs

- 0.5 cup water
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 cup semisweet chocolate chips miniature
- 2 tablespoons pecans chopped
- 2 teaspoons sugar

Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom only of two 8x4-inch loaf pans with shortening; lightly flour (or spray bottoms of pans with cooking spray; do not flour).
- In medium bowl, stir flour, baking soda, salt, cinnamon and nutmeg until mixed; set aside.
- In large bowl, beat 2 cups sugar and the butter with electric mixer on medium speed 1 to 2 minutes or until creamy.
- Add eggs, one at a time, beating well after each addition. Beat in water and pumpkin on low speed.
- Add flour mixture; beat on low speed about 1 minute or until moistened. Stir in 1 cup of the chocolate chips.
- Spread evenly in pans.
- Sprinkle tops with remaining 2 tablespoons chocolate chips, the pecans and 2 teaspoons sugar.
- Bake 1 hour 5 minutes to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 1 1/2 hours.

Nutrition Facts

PROTEIN 5.59% FAT 34.66% CARBS 59.75%

Properties

Glycemic Index:9.38, Glycemic Load:17.54, Inflammation Score:-7, Nutrition Score:5.8978261092435%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 213.35kcal (10.67%), Fat: 8.31g (12.79%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.03g (10.92%), Sugar: 15.54g (17.26%), Cholesterol: 20.9mg (6.97%), Sodium: 228.07mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.36mg (2.12%), Protein: 3.01g (6.03%), Vitamin A: 1326.98IU (26.54%), Manganese: 0.3mg (15%), Selenium: 7.86µg (11.22%), Folate: 36.05µg (9.01%), Vitamin B1: 0.13mg (8.94%), Fiber: 2.22g (8.86%), Iron: 1.46mg (8.1%), Vitamin B2: 0.13mg (7.46%), Copper: 0.14mg (6.87%), Phosphorus: 56.03mg (5.6%), Vitamin B3: 1.05mg (5.24%), Magnesium: 20.29mg (5.07%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.44mg (2.96%), Potassium: 90.01mg (2.57%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.29mg (1.91%), Calcium: 17.93mg (1.79%), Vitamin B12: 0.07µg (1.13%)