



Chocolate Chip Pumpkin Bread

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups pumpkin canned
- ☐ 0.5 cup canola oil
- ☐ 4 large egg whites
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.3 teaspoons salt
- ☐ 1 cup semi chocolate chips

- ☐ 2 cups sugar
- ☐ 0.5 cup vanilla pudding fat-free

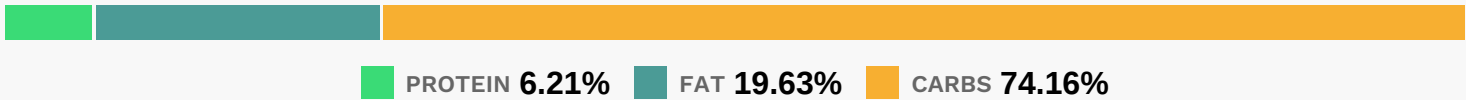
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk.
- ☐ Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.
- ☐ Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:15.2, Inflammation Score:-9, Nutrition Score:5.4426087341879%

Nutrients (% of daily need)

Calories: 138.5kcal (6.93%), Fat: 3.06g (4.71%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 24.75g (9%), Sugar: 15.38g (17.09%), Cholesterol: 0.34mg (0.11%), Sodium: 135.77mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.18g (4.36%), Vitamin A: 2386.27IU (47.73%), Manganese: 0.2mg (10.02%), Selenium: 5.41µg (7.73%), Vitamin B1: 0.1mg (6.51%), Iron: 1.13mg (6.29%), Folate: 23.46µg (5.86%), Copper: 0.11mg (5.29%), Vitamin B2: 0.09mg (5.26%), Fiber: 1.28g (5.12%), Magnesium: 16.53mg (4.13%), Vitamin B3: 0.8mg (4.01%), Phosphorus: 33.35mg (3.33%), Vitamin K: 3.43µg (3.27%), Potassium: 83.58mg (2.39%), Vitamin E: 0.33mg (2.19%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.14mg (1.38%), Calcium: 10.97mg (1.1%)