



Chocolate Chip Pumpkin Bread

 Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



2046 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon ground nutmeg
- ☐ 1.5 teaspoons salt
- ☐ 1 cup dairy-free semi-sweet chocolate chips mini (such as Enjoy Life)

- ☐ 1 cup vegetable oil (or baking oil)
- ☐ 0.5 cup walnuts chopped for nut-free (optional, omit)
- ☐ 0.7 cup water
- ☐ 3 cups sugar white for less refined sugar option (see notes above)

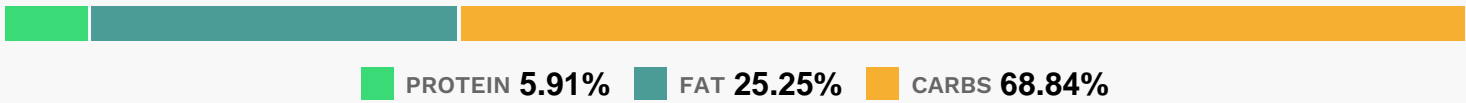
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat your oven to 350°F.Grease and flour three 1-pound size coffee cans, or three 9×5 inch loaf pans.In a large bowl, combine the sugar, pumpkin, oil, water and eggs. Beat until smooth.Blend in flour, cinnamon, nutmeg, baking soda and salt.Fold in chocolate chips and nuts.
- ☐ Pour batter into the cans or loaf pans – they should be about 1/2 to 3/4 full.
- ☐ Bake for 1 hour, or until a knife inserted into the center of one loaf, comes out clean.Cool on wire racks before removing from cans or pans to cool completely.

Nutrition Facts



Properties

Glycemic Index:80.03, Glycemic Load:220.91, Inflammation Score:-10, Nutrition Score:49.425652296647%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 2045.51kcal (102.28%), Fat: 58.52g (90.03%), Saturated Fat: 19.15g (119.67%), Carbohydrates: 358.92g (119.64%), Net Carbohydrates: 343g (124.73%), Sugar: 227.53g (252.82%), Cholesterol: 221.74mg (73.91%), Sodium: 1997.14mg (86.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 50.17mg (16.72%), Protein: 30.79g

(61.58%), Vitamin A: 22420.3IU (448.41%), Manganese: 3.21mg (160.26%), Selenium: 75.2µg (107.43%), Vitamin B1: 1.3mg (86.41%), Folate: 332.5µg (83.13%), Iron: 14.42mg (80.13%), Copper: 1.5mg (74.91%), Vitamin B2: 1.16mg (68.43%), Fiber: 15.92g (63.69%), Phosphorus: 549.09mg (54.91%), Vitamin K: 55.58µg (52.93%), Magnesium: 211.63mg (52.91%), Vitamin B3: 9.95mg (49.74%), Zinc: 4.29mg (28.63%), Potassium: 969.65mg (27.7%), Vitamin E: 3.94mg (26.25%), Vitamin B5: 2.4mg (24.01%), Vitamin B6: 0.38mg (18.79%), Calcium: 182.17mg (18.22%), Vitamin B12: 0.63µg (10.45%), Vitamin D: 1.17µg (7.82%), Vitamin C: 6.38mg (7.73%)