

Chocolate Pecan Pumpkin Bread

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



361 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups pumpkin canned
- ☐ 1 cup chocolate chips miniature
- ☐ 4 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 2.5 cups sugar white

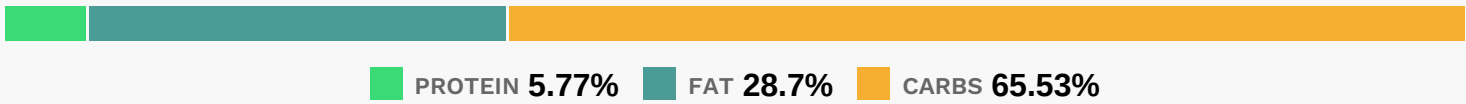
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4 inch loaf pans.
- ☐ Sift together the flour, baking soda, baking powder, cinnamon, nutmeg, and salt in a bowl.
- ☐ In another bowl, mash the pumpkin, and stir in the sugar, oil, and eggs.
- ☐ Pour the flour mixture into the pumpkin mixture, and stir lightly to combine. Use a rubber spatula to fold the pecans and chocolate chips into the batter. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated.
- ☐ Fill the prepared loaf pans about 3/4 full, and bake in the preheated oven for 20 to 25 minutes, until the bread has risen, and a toothpick inserted into the center comes out clean. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:34.84, Inflammation Score:-10, Nutrition Score:11.932608713274%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 360.59kcal (18.03%), Fat: 11.77g (18.1%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 57.85g (21.04%), Sugar: 39.65g (44.05%), Cholesterol: 42.61mg (14.2%), Sodium: 179.94mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin A: 4855.26IU (97.11%), Manganese: 0.55mg (27.65%), Selenium: 11.9µg (17%), Vitamin B1: 0.24mg (16.08%), Folate: 53.34µg (13.34%), Vitamin B2: 0.2mg (11.62%), Iron: 2.07mg (11.48%), Fiber: 2.6g (10.42%), Vitamin K: 10.31µg (9.82%), Copper: 0.16mg (8.02%), Phosphorus: 79.81mg (7.98%), Vitamin B3: 1.59mg (7.94%), Magnesium: 22.14mg (5.54%), Vitamin E: 0.78mg (5.18%), Vitamin B5: 0.45mg (4.53%), Calcium: 45.27mg (4.53%), Zinc: 0.68mg (4.51%), Potassium: 133.19mg (3.81%), Vitamin B6: 0.06mg (3.05%), Vitamin C: 1.44mg (1.74%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)