



# Cinnamon Streusel-Topped Pumpkin Bread

 Dairy Free

READY IN



200 min.

SERVINGS



32

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 cup corn flakes/bran flakes crushed
- 4 cups flour all-purpose
- 1.5 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups granulated 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 corn flakes/bran flakes crushed
- 0.5 cup pecans chopped
- 2 tablespoons flour all-purpose
- 2 tablespoons brown sugar packed
- 2 tablespoons butter softened

## Equipment

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

## Directions

- Heat oven to 350°F. Spray bottoms only of two 8x4-inch loaf pans with cooking spray.
- In medium bowl, stir 1 cup cereal, 4 cups flour, the pumpkin pie spice, baking soda and salt; set aside.
- In large bowl, beat granulated sugar and 3/4 cup butter with electric mixer on medium speed 1 to 2 minutes or until creamy. Beat in eggs, water and pumpkin just until blended. Stir in flour mixture.
- Pour into pans; spread evenly.
- In medium bowl, mix streusel topping ingredients using fork or pastry blender until crumbly.
- Sprinkle evenly over batter in pans; press slightly.
- 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 5.92% FAT 31.49% CARBS 62.59%

## Properties

Glycemic Index:11.71, Glycemic Load:18.74, Inflammation Score:-7, Nutrition Score:6.6160869779794%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 196.08kcal (9.8%), Fat: 7.02g (10.79%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29.21g (10.62%), Sugar: 13.81g (15.34%), Cholesterol: 20.46mg (6.82%), Sodium: 215.13mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin A: 1417.71IU (28.35%), Manganese: 0.35mg (17.32%), Folate: 53.83µg (13.46%), Selenium: 8.76µg (12.52%), Vitamin B1: 0.18mg (11.68%), Iron: 1.76mg (9.76%), Vitamin B2: 0.16mg (9.55%), Fiber: 2.17g (8.69%), Vitamin B3: 1.45mg (7.23%), Phosphorus: 51.76mg (5.18%), Vitamin B6: 0.08mg (4.24%), Magnesium: 14.53mg (3.63%), Copper: 0.07mg (3.57%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.18µg (3%), Zinc: 0.43mg (2.84%), Vitamin E: 0.3mg (2.03%), Potassium: 67.94mg (1.94%), Calcium: 16.1mg (1.61%), Vitamin D: 0.19µg (1.28%)