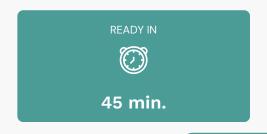


Cranberry-Walnut Pumpkin Bread

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

2 cups flour
1 teaspoon double-acting baking powder
0.5 teaspoon baking soda
0.7 cup buttermilk
1 cup pumpkin puree pure canned
2 large eggs

2 teaspoons pumpkin pie spice

0.8 teaspoon salt

	1 cup sugar
	0.5 cup cranberries dried sweetened
	6 tablespoons butter unsalted room temperature ()
	1 teaspoon vanilla extract
	0.5 cup walnut pieces coarsely chopped
Εq	uipment
	bowl
	frying pan
	oven
	whisk
	loaf pan
	hand mixer
Directions	
	Preheat oven to 350°F. Butter 9 1/4x5 1/4x3-inch loaf pan. Line bottom and 2 long sides with waxed paper.
	Whisk flour, pumpkin pie spice, baking powder, salt, and baking soda in medium bowl to blend Using electric mixer, beat butter in large bowl until fluffy. Gradually add 1 cup sugar, beating until blended. Beat in eggs, 1 at a time. Beat in pumpkin, then vanilla. Beat in dry ingredients alternately with buttermilk in 2 additions each. Fold in cranberries and nuts.
	Transfer batter to pan.
	Sprinkle with 1 tablespoon sugar.
	Bake bread until tester inserted into center comes out clean, about 1 hour 10 minutes. Cool bread in pan on rack 15 minutes.
	Cut around bread at short ends to loosen from pan. Turn bread out onto rack; peel off waxed paper. Cool bread completely. (Can be made 2 days ahead. Wrap and store at room temperature.)

Nutrition Facts

Properties

Glycemic Index:36.01, Glycemic Load:35.24, Inflammation Score:-10, Nutrition Score:14.272608772568%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Myricetin: 0.18mg, Myricetin: 0

Nutrients (% of daily need)

Calories: 400.54kcal (20.03%), Fat: 15.75g (24.24%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 57.42g (20.88%), Sugar: 32.87g (36.52%), Cholesterol: 71.28mg (23.76%), Sodium: 382.55mg (16.63%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.02g (14.05%), Vitamin A: 5131.83IU (102.64%), Manganese: 0.62mg (30.76%), Selenium: 16µg (22.86%), Vitamin B1: 0.29mg (19.61%), Folate: 75.34µg (18.83%), Vitamin B2: 0.28mg (16.77%), Iron: 2.51mg (13.96%), Phosphorus: 126.22mg (12.62%), Copper: 0.22mg (10.96%), Fiber: 2.7g (10.79%), Vitamin B3: 2.13mg (10.63%), Calcium: 86.25mg (8.62%), Magnesium: 30.37mg (7.59%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.6mg (5.97%), Potassium: 183.96mg (5.26%), Vitamin B6: 0.1mg (5.2%), Zinc: 0.77mg (5.11%), Vitamin D: 0.67µg (4.45%), Vitamin B12: 0.22µg (3.68%), Vitamin C: 1.51mg (1.83%)