



Cranberry-Walnut Pumpkin Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

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

Equipment

- ☐ 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



 PROTEIN **6.85%**  FAT **34.55%**  CARBS **58.6%**

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, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

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%)