



Cream Cheese-Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 4 large eggs
- 3.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 cups pumpkin unsweetened canned
- 0.5 teaspoon salt
- 3 cups sugar

1 cup vegetable oil

0.7 cup water

Equipment

bowl

frying pan

oven

whisk

wire rack

loaf pan

Directions

Stir together 3 1/2 cups flour, sugar, and next 4 ingredients in a large bowl.

Whisk together pumpkin and next 3 ingredients; add to flour mixture, whisking just until dry ingredients are moistened. Spoon 3 cups of batter into each of 2 greased and floured 9- x 5- inch loaf pans. Spoon Cream Cheese Filling evenly over batter. Spoon remaining batter evenly over Cream Cheese Filling.

Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center of bread comes out clean.

Let cool in pans 10 minutes.

Remove bread from pan, and cool completely on a wire rack.

Nutrition Facts



PROTEIN 6.27% **FAT 13.17%** **CARBS 80.56%**

Properties

Glycemic Index:11, Glycemic Load:33.04, Inflammation Score:-9, Nutrition Score:8.6556521032168%

Nutrients (% of daily need)

Calories: 238.05kcal (11.9%), Fat: 3.55g (5.46%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 47.41g (17.24%), Sugar: 30.88g (34.31%), Cholesterol: 37.2mg (12.4%), Sodium: 156.81mg (6.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin A: 3867.63IU (77.35%), Selenium: 10.77µg (15.39%), Vitamin B1: 0.18mg (12.13%), Folate: 47.76µg (11.94%), Manganese: 0.23mg (11.38%), Vitamin B2: 0.17mg (10.17%), Iron: 1.57mg (8.7%), Vitamin K: 8.09µg (7.7%), Vitamin B3: 1.39mg (6.96%), Fiber: 1.43g (5.71%), Phosphorus: 52.34mg (5.23%), Vitamin E: 0.56mg (3.74%), Copper: 0.07mg (3.5%), Vitamin B5: 0.35mg (3.48%), Magnesium: 12.03mg (3.01%), Potassium: 89.5mg (2.56%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.04%), Calcium: 18.01mg (1.8%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.04mg (1.26%)