



Easy and Delicious Pumpkin Bread



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 5 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce cook-and-serve vanilla pudding mix
- ☐ 1.3 cups vegetable oil

☐ 2 cups sugar white

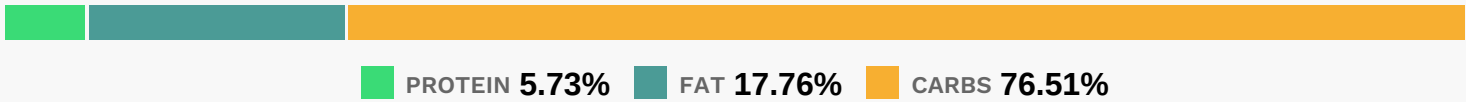
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease 2 8x4-inch loaf pans.
- ☐ Whisk eggs in a large bowl.
- ☐ Add vegetable oil and pumpkin puree; whisk until smooth.
- ☐ Mix flour, sugar, vanilla pudding mix, baking soda, cinnamon, and salt in a separate bowl; stir into pumpkin mixture.
- ☐ Pour batter into the 2 prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of each loaf comes out clean, 75 to 80 minutes.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:26.08, Inflammation Score:-10, Nutrition Score:8.5917391621548%

Nutrients (% of daily need)

Calories: 252.54kcal (12.63%), Fat: 5.07g (7.79%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 47.79g (17.38%), Sugar: 34.36g (38.18%), Cholesterol: 51.15mg (17.05%), Sodium: 230.01mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin A: 4210.9IU (84.22%), Selenium: 9.87µg (14.11%), Vitamin K: 10.64µg (10.14%), Folate: 38.25µg (9.56%), Vitamin B2: 0.16mg (9.44%), Vitamin B1: 0.13mg (8.97%), Manganese: 0.17mg (8.69%), Iron: 1.37mg (7.6%), Phosphorus: 53.69mg (5.37%), Fiber: 1.32g (5.29%), Vitamin B3: 1.03mg (5.16%), Vitamin E: 0.72mg (4.78%), Vitamin B5: 0.39mg (3.86%), Copper: 0.07mg (3.27%),

Magnesium: 11.28mg (2.82%), Potassium: 93.62mg (2.67%), Vitamin B6: 0.05mg (2.27%), Zinc: 0.34mg (2.26%),
Vitamin B12: 0.12µg (2.04%), Calcium: 19.03mg (1.9%), Vitamin D: 0.28µg (1.83%), Vitamin C: 1.12mg (1.36%)