



Farmer John's Favorite Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.3 cups firmly brown sugar dark packed
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 1.3 teaspoons ground nutmeg
- ☐ 1.8 cups pumpkin mashed
- ☐ 0.5 cup raisins
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup vegetable oil
- ☐ 1 cup walnuts coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Preheat oven to 350 (325 convection).
- ☐ In a large bowl, mix flour, brown sugar, granulated sugar, nuts, raisins, baking soda, cinnamon, nutmeg, salt, cloves, allspice, and ginger until well blended.
- ☐ In another bowl, whisk together eggs, Mashed Pumpkin, and oil until well blended.
- ☐ Add wet ingredients to flour mixture and stir just until well blended.
- ☐ Pour equally into two oiled 8 1/2- by 4 1/2-inch loaf pans (with 2 2/3-cup capacity each).
- ☐ Bake until bread pulls from pan sides and a wooden skewer inserted in center of thickest part comes out clean, 50 to 60 minutes.
- ☐ Let bread cool in pans on a rack for about 15 minutes.
- ☐ Cut around outside edges of bread and invert onto racks. Cool thoroughly.

Nutrition Facts



 **PROTEIN 6.06%**  **FAT 26.02%**  **CARBS 67.92%**

Properties

Glycemic Index:19.29, Glycemic Load:15.96, Inflammation Score:-6, Nutrition Score:5.7417391020319%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Nutrients (% of daily need)

Calories: 214.59kcal (10.73%), Fat: 6.41g (9.86%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.48g (13.26%), Sugar: 23.85g (26.5%), Cholesterol: 27.9mg (9.3%), Sodium: 185.66mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.41mg (20.6%), Vitamin A: 906.71IU (18.13%), Selenium: 7.15µg (10.21%), Vitamin B1: 0.13mg (8.72%), Folate: 34.15µg (8.54%), Copper: 0.15mg (7.5%), Vitamin B2: 0.12mg (7.35%), Iron: 1.2mg (6.66%), Phosphorus: 56.91mg (5.69%), Fiber: 1.18g (4.7%), Vitamin B3: 0.94mg (4.68%), Magnesium: 17.13mg (4.28%), Potassium: 135.48mg (3.87%), Vitamin B6: 0.07mg (3.47%), Vitamin K: 3.49µg (3.32%), Calcium: 29.12mg (2.91%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.38mg (2.52%), Vitamin C: 1.21mg (1.47%), Vitamin B12: 0.07µg (1.11%)