



Pecan-Topped Pumpkin Bread

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 teaspoons baking soda
- 15 ounce pumpkin puree canned
- 0.5 cup canola oil
- 0.5 cup egg substitute
- 2 large eggs
- 15 ounces flour all-purpose
- 2 cups granulated sugar
- 0.5 teaspoon ground allspice

- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 0.5 cup buttermilk low-fat
- 0.3 cup pecans chopped
- 1 teaspoon salt
- 0.7 cup water

Equipment

- bowl
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (through allspice) in a bowl.
- Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended.
- Add 2/3 cup water and pumpkin, beating at low speed until blended.
- Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray.
- Sprinkle pecans evenly over batter.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Nutrition Facts



■ PROTEIN 8% ■ FAT 14.9% ■ CARBS 77.1%

Properties

Glycemic Index:28.09, Glycemic Load:43.14, Inflammation Score:-10, Nutrition Score:13.933478199917%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 329.55kcal (16.48%), Fat: 5.57g (8.57%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 62.4g (22.69%), Sugar: 35.41g (39.35%), Cholesterol: 31.4mg (10.47%), Sodium: 532.3mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Vitamin A: 5590.05IU (111.8%), Selenium: 19.37µg (27.67%), Manganese: 0.47mg (23.61%), Vitamin B1: 0.33mg (21.74%), Folate: 75.95µg (18.99%), Vitamin B2: 0.3mg (17.46%), Iron: 2.72mg (15.09%), Vitamin B3: 2.29mg (11.45%), Phosphorus: 114.13mg (11.41%), Calcium: 102.35mg (10.24%), Fiber: 2.42g (9.67%), Copper: 0.14mg (7.1%), Vitamin K: 7.32µg (6.97%), Vitamin E: 1.02mg (6.81%), Vitamin B5: 0.64mg (6.45%), Magnesium: 24.13mg (6.03%), Potassium: 174.31mg (4.98%), Zinc: 0.71mg (4.7%), Vitamin B6: 0.07mg (3.67%), Vitamin D: 0.33µg (2.18%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.72mg (2.08%)