



WHATSheATE

Fuzz's Pumpkin Bread



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin canned (half a can)
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 7.8 oz grain flour whole white all-purpose

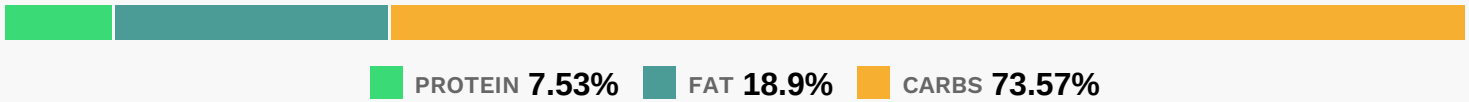
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour a 9×5 inch metal loaf pan or spray with flour-added cooking spray.Stir together flour, salt, baking soda, baking powder, pumpkin pie spice and cinnamon. Set aside.
- ☐ Whisk together oil, sugar, eggs, vanilla, pumpkin and water in a mixing bowl.
- ☐ Add the flour mixture and stir just until moistened.
- ☐ Transfer mixture to loaf pan and bake for 1 hour or until done.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:20.99, Inflammation Score:-9, Nutrition Score:10.767391282579%

Nutrients (% of daily need)

Calories: 248.8kcal (12.44%), Fat: 5.34g (8.21%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 44.54g (16.2%), Sugar: 31.03g (34.48%), Cholesterol: 37.2mg (12.4%), Sodium: 383.65mg (16.68%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 4.78g (9.57%), Vitamin A: 3867.6IU (77.35%), Manganese: 0.97mg (48.56%), Selenium: 10.89µg (15.55%), Phosphorus: 133mg (13.3%), Vitamin B1: 0.16mg (10.88%), Magnesium: 39.17mg (9.79%), Fiber: 2.2g (8.82%), Vitamin K: 8.74µg (8.32%), Iron: 1.48mg (8.24%), Copper: 0.14mg (6.75%), Zinc: 0.89mg (5.93%), Vitamin B2: 0.09mg (5.47%), Vitamin E: 0.7mg (4.69%), Potassium: 149.13mg

(4.26%), Calcium: 38.47mg (3.85%), Folate: 14.77µg (3.69%), Vitamin B6: 0.06mg (2.97%), Vitamin B5: 0.3mg (2.96%), Vitamin B3: 0.43mg (2.15%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.08mg (1.31%)