



Gluten-Free Pumpkin Bread



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 1 teaspoon cinnamon
- 2 eggs
- 210 grams flour mix gluten-free all-purpose
- 1 teaspoon kosher salt
- 0.5 teaspoon nutmeg
- 100 grams oil

- 1.5 teaspoons psyllium husk
- 1 cup pumpkin puree
- 0.5 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- toothpicks
- stand mixer

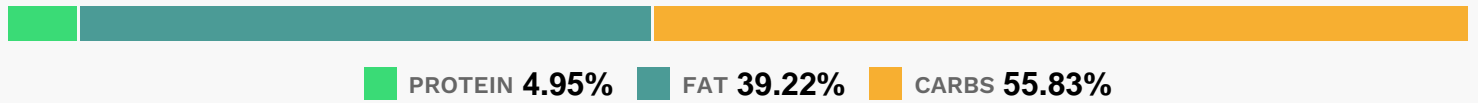
Directions

- Special equipment: 9-by 5-inch loaf pan
- Preparing to bake.
- Heat the oven to 350 degrees F. Grease and flour a 9-by 5-inch loaf pan.
- Mixing the dry ingredients.
- Whisk together the flour mix, psyllium husk, baking soda, kosher salt, cinnamon, nutmeg, and cloves. Set aside.
- Mixing the wet ingredients.
- Put the pumpkin puree into the bowl of a stand mixer. (You can also stir this by hand.) With the mixer running on low speed, add 1 egg. When it is fully incorporated into the puree, add the second egg. When it is incorporated, add the brown sugar and white sugar. When they have disappeared into the puree, add the oil and vanilla extract. Stir until combined.
- Finishing the batter. With the mixer running, add the flour mixture, a bit at a time, until the flour is fully incorporated. Keep the mixer running on medium speed and let the batter grow

airy.

- Pour the batter into the prepared pan.
- Baking the pumpkin bread. Slide the loaf pan into the oven.
- Bake until the edges of the pumpkin bread are starting to come away from the edges of the pan and a toothpick inserted into the center of the pumpkin bread comes out clean, 45 to 50 minutes.
- Allow the bread to cool in the pan for 20 minutes then turn it out onto a cooling rack. Do not slice the pumpkin bread until it has cooled to room temperature.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:8.6313042899837%

Nutrients (% of daily need)

Calories: 320.47kcal (16.02%), Fat: 14.51g (22.32%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 42.36g (15.4%), Sugar: 27.76g (30.84%), Cholesterol: 40.92mg (13.64%), Sodium: 448.7mg (19.51%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.12g (8.24%), Vitamin A: 4826.43IU (96.53%), Vitamin E: 2.63mg (17.56%), Fiber: 4.1g (16.41%), Vitamin K: 13.92µg (13.26%), Iron: 1.61mg (8.93%), Manganese: 0.11mg (5.36%), Selenium: 3.75µg (5.36%), Calcium: 46.88mg (4.69%), Vitamin B2: 0.07mg (4.11%), Phosphorus: 33.51mg (3.35%), Vitamin B5: 0.31mg (3.1%), Potassium: 99.12mg (2.83%), Copper: 0.05mg (2.54%), Magnesium: 10.05mg (2.51%), Folate: 9.09µg (2.27%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.1µg (1.63%), Vitamin C: 1.3mg (1.58%), Vitamin D: 0.22µg (1.47%), Zinc: 0.21mg (1.39%)