



Gluten-Free Pumpkin Bread

 Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



56 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 15 oz pumpkin puree pure canned
- 0.5 cup canola oil
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground cloves
- 2 teaspoons vanilla gluten-free
- 0.5 cup semi chocolate chips gluten-free (dairy- and nut-free)

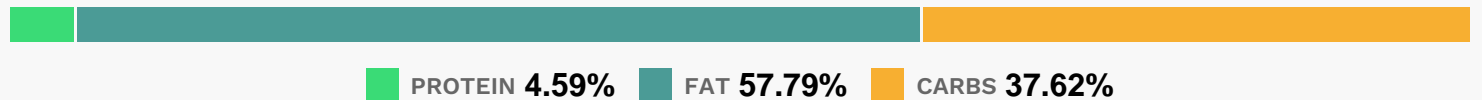
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch or 8x4-inch loaf pan with oil.
- In large bowl, stir all ingredients except chocolate chips until well mixed. Stir in chocolate chips.
- Spread evenly in pan.
- Bake 9-inch loaf 55 to 65 minutes, 8-inch loaf 60 to 70 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to cooling rack. Cool about 2 hours before slicing.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:5.8508695953566%

Nutrients (% of daily need)

Calories: 56.02kcal (2.8%), Fat: 3.64g (5.6%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.01g (3.35%), Cholesterol: 0.34mg (0.11%), Sodium: 2.05mg (0.09%), Alcohol: 0.17g (100%), Alcohol %: 0.33% (100%), Caffeine: 4.84mg (1.61%), Protein: 0.65g (1.3%), Vitamin A: 4139.53IU (82.79%), Manganese: 0.18mg (8.84%), Vitamin K: 5.74µg (5.47%), Fiber: 1.31g (5.23%), Copper: 0.1mg (4.99%), Iron: 0.75mg (4.18%), Magnesium: 16.36mg (4.09%), Vitamin E: 0.57mg (3.77%), Potassium: 89.07mg (2.54%), Phosphorus: 24.17mg (2.42%), Vitamin C: 1.12mg (1.36%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.12mg (1.24%), Calcium: 11.97mg (1.2%), Vitamin B2: 0.02mg (1.05%)