



WHATSheATE



## Gluten-Free Pumpkin Nog Bread



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



675 kcal

## Ingredients

- ☐ 2 teaspoons double-acting baking powder (reduce to 1 teaspoon above 3000 feet altitude)
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cup brown rice flour
- ☐ 0.8 cup firmly brown sugar packed for options (see note in post above )
- ☐ 0.3 cup buckwheat flour
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 cup canola oil
- ☐ 1.3 cups dairy-free nog (I use So Delicious Dairy Free Nog or Pumpkin Spice)
- ☐ 4 servings dairy-free nog icing (but excellent!)

- ☐ 0.5 cup potato flour
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tapioca flour
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons xanthan gum

## Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ spatula

## Directions

- ☐ Preheat your oven to 325°F and grease 4 mini-loaf tins. In a medium-sized bowl, combine the flours, starches, xanthan gum, spice, baking powder, baking soda, and salt. In a large bowl, blend (with a large spoon or mixer) the pumpkin, Nog, brown sugar, oil, and vanilla until smooth. Stir in the flour mixture until all is just combined. It actually becomes smooth quickly. Divide the batter between your prepared tins, smoothing out the tops with the back of a spoon or spatula. The batter is a little thick.
- ☐ Bake the bread for 45 to 55 minutes, or until firm to the touch. The bread should pull slightly away from the pan when done, it will be lightly browned, and a toothpick inserted in the center of a loaf should come out fairly clean (a few little crumbs are okay).
- ☐ Let the loaves cool for 10 minutes, before popping them out to cool completely on a wire rack. Resist the urge to cut into these loaves while still hot. Like any bread, they will be a bit crumbly when hot, but firm up perfectly as they cool. If desired, drizzle on icing at least 10 minutes before serving.

## Nutrition Facts



 PROTEIN **5.58%**  FAT **23.09%**  CARBS **71.33%**

Properties

Glycemic Index:39.71, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:28.945652070253%

Flavonoids

Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 675.33kcal (33.77%), Fat: 17.68g (27.19%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 122.89g (40.96%), Net Carbohydrates: 113.85g (41.4%), Sugar: 46.96g (52.18%), Cholesterol: 0mg (0%), Sodium: 890.49mg (38.72%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 9.61g (19.22%), Vitamin A: 16841.51IU (336.83%), Manganese: 2.67mg (133.74%), Vitamin B6: 0.84mg (42%), Vitamin E: 6.19mg (41.24%), Vitamin B3: 7.42mg (37.12%), Fiber: 9.04g (36.17%), Phosphorus: 325.25mg (32.52%), Calcium: 313.03mg (31.3%), Magnesium: 121mg (30.25%), Vitamin K: 27.8µg (26.48%), Vitamin B1: 0.38mg (25.56%), Iron: 4.27mg (23.73%), Potassium: 789.84mg (22.57%), Copper: 0.43mg (21.51%), Vitamin B2: 0.28mg (16.18%), Vitamin B5: 1.45mg (14.46%), Folate: 54.81µg (13.7%), Zinc: 2.03mg (13.54%), Vitamin B12: 0.81µg (13.46%), Vitamin C: 10.84mg (13.14%), Vitamin D: 0.9µg (5.98%), Selenium: 3.39µg (4.84%)