



Golden Pumpkin-Walnut Loaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 3 tablespoons canola oil
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 large eggs lightly beaten
- ☐ 5.5 ounces flour all-purpose
- ☐ 1 cup golden raisins

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon mace
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.5 cup cornmeal yellow

Equipment

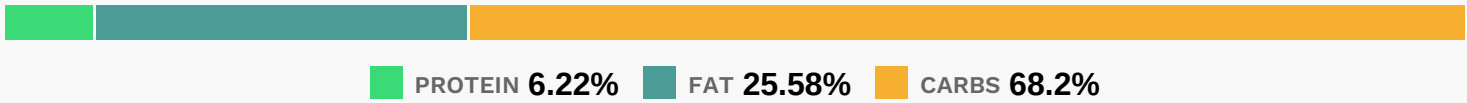
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 7 ingredients (through mace) in a large bowl; make a well in center of mixture.
- ☐ Combine sugars and eggs in a medium bowl, stirring with a whisk.
- ☐ Add pumpkin, oil, and vanilla; stir well.
- ☐ Add raisins and nuts; add to flour mixture, stirring just until moist. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.

Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:7.2943478252577%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 208.37kcal (10.42%), Fat: 6.11g (9.4%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 34.85g (12.67%), Sugar: 22.38g (24.87%), Cholesterol: 23.25mg (7.75%), Sodium: 143.76mg (6.25%), Alcohol: 0.13g (100%), Alcohol %: 0.24% (100%), Protein: 3.34g (6.69%), Vitamin A: 2417.85IU (48.36%), Manganese: 0.33mg (16.72%), Selenium: 6.06µg (8.65%), Iron: 1.34mg (7.47%), Vitamin B1: 0.11mg (7.4%), Copper: 0.15mg (7.26%), Fiber: 1.82g (7.26%), Phosphorus: 71.46mg (7.15%), Folate: 28.3µg (7.07%), Vitamin B2: 0.11mg (6.73%), Magnesium: 22.15mg (5.54%), Vitamin B6: 0.11mg (5.35%), Vitamin E: 0.75mg (4.99%), Calcium: 48.71mg (4.87%), Potassium: 166.96mg (4.77%), Vitamin B3: 0.93mg (4.65%), Vitamin K: 4.8µg (4.57%), Zinc: 0.48mg (3.22%), Vitamin B5: 0.28mg (2.77%), Vitamin C: 0.99mg (1.21%)