



Healthified Pumpkin Bread

READY IN



160 min.

SERVINGS



24

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup canola oil
- 0.8 cup eggs fat-free
- 1 cup skim milk fat-free (skim)
- 2 cups flour all-purpose gold medal®
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 2 cups sugar
- 1.5 cups flour whole wheat gold medal®

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Heat oven to 350°F. Spray bottoms only of two 9x5-inch loaf pans with cooking spray. In large bowl, mix flours, sugar, baking soda, baking powder, salt, cinnamon, nutmeg, allspice and cloves until well blended.
- In medium bowl, mix pumpkin, milk, egg product and oil until well blended. Stir into flour mixture until well blended. Spoon batter evenly into pans.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.62, Inflammation Score:-8, Nutrition Score:6.940869577553%

Nutrients (% of daily need)

Calories: 169.66kcal (8.48%), Fat: 2.07g (3.19%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 32.77g (11.92%), Sugar: 17.26g (19.18%), Cholesterol: 28.56mg (9.52%), Sodium: 258.31mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 1533.63IU (30.67%), Manganese:

0.5mg (24.75%), Selenium: 11.01µg (15.72%), Fiber: 2.65g (10.59%), Vitamin B1: 0.13mg (8.76%), Folate: 32.45µg (8.11%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 75.98mg (7.6%), Iron: 1.12mg (6.23%), Vitamin B3: 1.08mg (5.38%), Magnesium: 18.01mg (4.5%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.08mg (4.14%), Calcium: 40.22mg (4.02%), Copper: 0.07mg (3.32%), Zinc: 0.47mg (3.11%), Potassium: 92.68mg (2.65%), Vitamin B12: 0.13µg (2.11%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.26µg (1.76%)