



Holiday Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 cup crisco oil
- 3 large eggs
- 3.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground nutmeg

- 15 ounce pumpkin unsweetened canned
- 1 cup raisins
- 0.5 teaspoon salt
- 3 cups sugar
- 1 cup walnuts chopped

Equipment

- oven
- hand mixer

Directions

- Beat first 11 ingredients at low speed with an electric mixer 1 to 2 minutes or until blended. Stir in walnuts and raisins.
- Pour batter into 2 (9- x 5-inch) dark, nonstick loafpans coated with cooking spray.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool loaves in pans on wire racks 15 minutes; remove from pans, and let cool completely.
- Drizzle bread with Orange Glaze, if desired.
- Note: For light, shiny loafpans, bake 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean.
- Holiday Pumpkin Muffins: Spoon batter evenly (about 1/4 cup each) into lightly greased muffin pans.
- Bake at 350 for 20 to 25 minutes.
- Remove from pans immediately; cool on wire racks. Makes 3 dozen.

Nutrition Facts



Properties

Glycemic Index:24.43, Glycemic Load:45.29, Inflammation Score:-10, Nutrition Score:12.149565193964%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 367.02kcal (18.35%), Fat: 9.03g (13.89%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 68.82g (22.94%), Net Carbohydrates: 66.09g (24.03%), Sugar: 38.64g (42.93%), Cholesterol: 34.88mg (11.63%), Sodium: 254.42mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin A: 4188.97IU (83.78%), Manganese: 0.57mg (28.37%), Selenium: 12.9µg (18.43%), Vitamin B1: 0.26mg (17.36%), Folate: 65.19µg (16.3%), Vitamin B2: 0.23mg (13.36%), Iron: 2.32mg (12.88%), Copper: 0.22mg (11.14%), Fiber: 2.73g (10.92%), Phosphorus: 95.38mg (9.54%), Vitamin B3: 1.91mg (9.53%), Magnesium: 28.06mg (7.02%), Vitamin K: 6.68µg (6.37%), Vitamin E: 0.95mg (6.31%), Potassium: 206.39mg (5.9%), Vitamin B6: 0.1mg (4.99%), Calcium: 42.95mg (4.3%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.61mg (4.07%), Vitamin C: 1.71mg (2.07%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.19µg (1.25%)