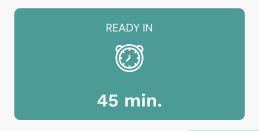


# **Iced Mini Pumpkin Loaves with Molasses**

Vegetarian







MORNING MEAL

BRUNCH

**BREAKFAST** 

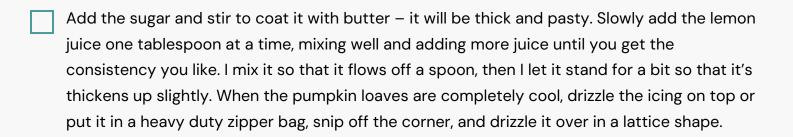
DESSERT

## **Ingredients**

	1 pinch allspice
	5 ml double-acting baking powder
	5 ml baking soda
	O.1 teaspoon pepper black
П	140 grams brown sugar packed

- 0.3 cup buttermilk
- 14 ounces pumpkin puree canned (solid pack, not pie filling)
- 2 eggs

	300 grams flour all-purpose
	5 ml ground cinnamon
	2 teaspoons ground ginger
	75 grams blackstrap molasses
	2 ml nutmeg freshly ground
	4 tablespoons orange juice fresh
	1 cup powdered sugar plus more if needed
	3 ml salt - if using butter salted
	24 grams butter unsalted
Eq	uipment
	bowl
	oven
	loaf pan
	toothpicks
	microwave
	chopsticks
Diı	rections
	Preheat oven to 350 degrees. Spray mini loaf pans with flour-added cooking spray or grease and flour. I used 4 loaf pans that were about 3 $\frac{1}{2}$ by
	You can make these smaller (see cook times at bottom)Cream the butter and brown sugar until light. Beat in eggs, 1 at a time; beat in molasses. Stir together flour, ginger, baking soda and baking powder, cinnamon, nutmeg, allspice, salt and pepper; stir one-third into butter mixture. Stir in pumpkin. Stir in another third of the flour mixture; stir in buttermilk, then remaining flour mixture. Scrape batter into prepared pans and bake on center rack. If using 2 ½ x 3 ½ loaves, check at 30 minutes. For slightly larger loaves, check at 37 minutes. For one giant 9×6 inch loaf, test at 40 minutesA toothpick or chopstick (I use a chopstick) inserted should come out clean.
	Let cool. Turn from pans and let cool completely. Ice when cool. To make the icing, melt the butter in a microwave-safe bowl.



### **Nutrition Facts**

PROTEIN 7.01% 📕 FAT 11.51% 📙 CARBS 81.48%

#### **Properties**

Glycemic Index:46.22, Glycemic Load:21.87, Inflammation Score:-10, Nutrition Score:14.786521787229%

#### **Flavonoids**

Eriodictyol: O.01mg, Eriodictyol: O.01mg, Eriodictyol: O.01mg, Eriodictyol: O.01mg Hesperetin: O.9mg, Hesperetin: O.9mg, Hesperetin: O.9mg, Naringenin: O.16mg, Naringenin: O.16mg, Naringenin: O.16mg, Quercetin: O.02mg, Que

#### Nutrients (% of daily need)

Calories: 320.11kcal (16.01%), Fat: 4.16g (6.39%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 66.23g (22.08%), Net Carbohydrates: 63.6g (23.13%), Sugar: 37.13g (41.26%), Cholesterol: 43.08mg (14.36%), Sodium: 170.44mg (7.41%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.7g (11.4%), Vitamin A: 7014.66IU (140.29%), Manganese: 0.7mg (34.82%), Selenium: 16.88µg (24.11%), Vitamin B1: 0.29mg (19.49%), Folate: 74.42µg (18.61%), Iron: 3.07mg (17.08%), Vitamin B2: 0.26mg (15.07%), Vitamin B3: 2.37mg (11.86%), Magnesium: 44.52mg (11.13%), Fiber: 2.63g (10.52%), Calcium: 103.34mg (10.33%), Phosphorus: 98.51mg (9.85%), Potassium: 322.16mg (9.2%), Copper: 0.17mg (8.27%), Vitamin K: 7.63µg (7.27%), Vitamin C: 5.67mg (6.87%), Vitamin B6: 0.13mg (6.51%), Vitamin B12: 0.13µg (2.21%)