



WHATSheATE



Iced Mini Pumpkin Loaves with Molasses



Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 pinch allspice
- ☐ 5 ml double-acting baking powder
- ☐ 5 ml baking soda
- ☐ 0.1 teaspoon pepper black
- ☐ 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

Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ microwave
- ☐ chopsticks

Directions

- ☐ 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 ½ 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 9x6 inch loaf, test at 40 minutes A 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.

Add the sugar and stir to coat it with butter – it will be thick and pasty. Slowly add the lemon juice one tablespoon at a time, mixing well and adding more juice until you get the consistency you like. I mix it so that it flows off a spoon, then I let it stand for a bit so that it's thickens up slightly. When the pumpkin loaves are completely cool, drizzle the icing on top or put it in a heavy duty zipper bag, snip off the corner, and drizzle it over in a lattice shape.

Nutrition Facts



Properties

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

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

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 %: 0% (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 B5: 0.62mg (6.19%), Vitamin E: 0.71mg (4.72%), Zinc: 0.55mg (3.64%), Vitamin D: 0.35µg (2.34%), Vitamin B12: 0.13µg (2.21%)