



Layered Pumpkin Loaf

 Vegetarian

READY IN



85 min.

SERVINGS



16

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 tsp magic baking powder
- 0.5 cup brown sugar packed
- 1 cup pumpkin canned
- 0.3 cup canola oil
- 250 g philadelphia brick cream cheese spread light softened
- 4 egg whites divided
- 2 cups flour
- 1 cup granulated sugar divided

- 2 tsp pumpkin pie spice
- 0.3 tsp salt
- 0.5 cup skim milk

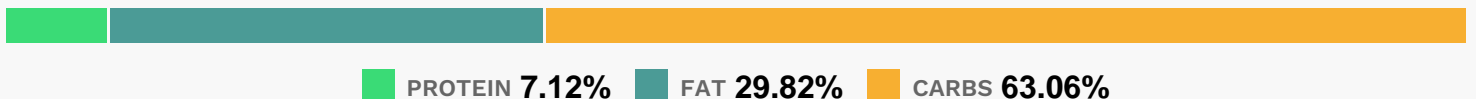
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Heat oven to 350F.
- Mix pumpkin, 1 cup granulated sugar, brown sugar, 3 egg whites, milk and oil in large bowl.
- Add flour, baking powder, spice and salt; stir just until moistened. Beat cream cheese spread, remaining granulated sugar and remaining egg white with whisk until well blended.
- Spoon half the pumpkin batter into 9x5-inch nonstick loaf pan sprayed with cooking spray; cover with layers of cream cheese mixture and remaining pumpkin batter.
- Bake 1 hour to 1 hour 5 min. or until toothpick inserted in centre comes out clean. Loosen bread from sides of pan; cool in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:17.66, Inflammation Score:-9, Nutrition Score:6.3360870402792%

Nutrients (% of daily need)

Calories: 213.63kcal (10.68%), Fat: 7.17g (11.03%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 33.2g (12.07%), Sugar: 20.63g (22.92%), Cholesterol: 9.92mg (3.31%), Sodium: 203.85mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 2547.7IU (50.95%), Selenium: 7.19µg (10.27%), Vitamin B1: 0.13mg (8.75%), Calcium: 85.24mg (8.52%), Manganese: 0.17mg (8.46%), Folate: 31µg (7.75%), Vitamin B2: 0.13mg (7.71%), Iron: 1.12mg (6.22%), Vitamin E: 0.79mg (5.26%), Vitamin B3: 1.01mg (5.04%), Vitamin K: 5.05µg (4.81%), Phosphorus: 47.83mg (4.78%), Fiber: 0.9g (3.6%), Magnesium: 9.81mg (2.45%), Potassium: 84.23mg (2.41%), Copper: 0.05mg (2.3%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.2%)