



Libby's® Pumpkin Cranberry Bread



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup cranberries fresh
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 cups granulated sugar
- ☐ 0.5 cup orange juice
- ☐ 15 ounce libby's® pumpkin 100% pure canned
- ☐ 5 teaspoons pumpkin pie spice

- ☐ 1.5 teaspoons salt
- ☐ 1 cup vegetable oil

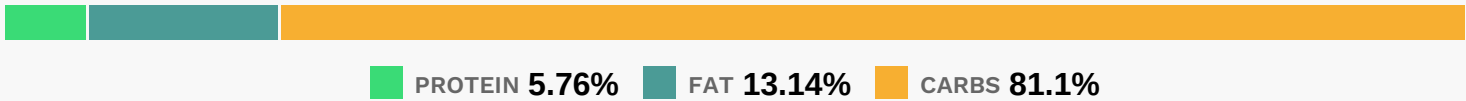
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 x 5-inch loaf pans.
- ☐ Combine flour, pumpkin pie spice, baking soda and salt in large bowl.
- ☐ Combine sugar, pumpkin, eggs, vegetable oil and orange juice in large mixer bowl; beat until just blended.
- ☐ Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into prepared loaf pans.
- ☐ Bake for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:54.55, Inflammation Score:-9, Nutrition Score:11.193913055503%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 379.89kcal (18.99%), Fat: 5.67g (8.72%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 78.71g (26.24%), Net Carbohydrates: 77.24g (28.09%), Sugar: 52.31g (58.12%), Cholesterol: 54.56mg (18.19%), Sodium: 496.09mg (21.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin A: 3123.79IU (62.48%), Selenium: 15.6µg (22.29%), Manganese: 0.43mg (21.39%), Vitamin B1: 0.28mg (18.69%), Folate: 73.13µg (18.28%), Vitamin B2: 0.28mg (16.22%), Iron: 2.22mg (12.35%), Vitamin C: 9.72mg (11.78%), Vitamin B3: 2.14mg (10.69%), Phosphorus: 82.04mg (8.2%), Vitamin K: 7.87µg (7.5%), Vitamin E: 0.98mg (6.51%), Potassium: 208.08mg (5.95%), Copper: 0.12mg (5.88%), Fiber: 1.46g (5.86%), Vitamin B5: 0.51mg (5.12%), Magnesium: 15.66mg (3.92%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.63%), Calcium: 28.51mg (2.85%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)