



Mini Pumpkin-Date Breads

 Dairy Free

READY IN



120 min.

SERVINGS



11

CALORIES



368 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 cup dates chopped
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.8 teaspoon salt
- ☐ 1.7 cups sugar
- ☐ 2 teaspoons vanilla
- ☐ 0.7 cup vegetable oil

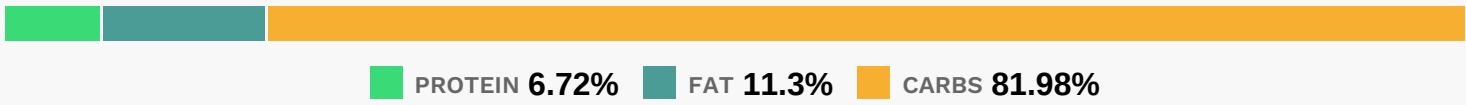
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottoms only of 11 miniature loaf pans, 4 1/2x2 3/4x1 1/4 inches.
- ☐ Mix sugar, oil, vanilla, eggs and pumpkin in large bowl. Stir in remaining ingredients except dates. Stir in dates. Divide batter among pans (about 1/2 cup each).
- ☐ Bake 25 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 1 hour, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up 10 days.

Nutrition Facts



Properties

Glycemic Index:26.74, Glycemic Load:44.68, Inflammation Score:-9, Nutrition Score:12.4999999917072%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 367.78kcal (18.39%), Fat: 4.71g (7.25%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 76.88g (25.63%), Net Carbohydrates: 71.56g (26.02%), Sugar: 38.96g (43.29%), Cholesterol: 59.52mg (19.84%), Sodium: 481.53mg (20.94%), Alcohol: 0.25g (100%), Alcohol %: 0.21% (100%), Protein: 6.3g (12.6%), Vitamin A: 3296.3IU (65.93%), Manganese: 0.52mg (25.84%), Selenium: 17.49µg (24.99%), Folate: 86.01µg (21.5%), Fiber: 5.33g (21.3%), Vitamin B1: 0.29mg (19.16%), Vitamin B2: 0.3mg (17.81%), Iron: 2.47mg (13.73%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 98.42mg (9.84%), Vitamin B5: 0.91mg (9.14%), Vitamin B6: 0.13mg (6.33%), Copper: 0.12mg (5.91%), Potassium: 203.03mg (5.8%), Magnesium: 21.84mg (5.46%), Vitamin K: 5.56µg (5.29%), Calcium: 47.15mg (4.72%), Zinc: 0.6mg (3.99%), Vitamin E: 0.42mg (2.82%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.32µg (2.13%), Vitamin C: 1.41mg (1.71%)