



Mini Pumpkin Loaves



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoons baking soda
- ☐ 0.5 cup pumpkin canned
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose (1.7 oz)
- ☐ 0.8 cups granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup vegetable oil cooled melted

☐ 0.3 cup flour whole wheat (1.8 oz)

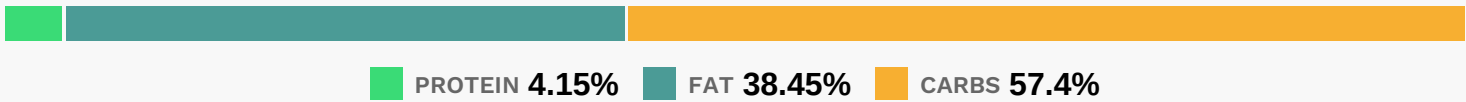
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour 2 mini (3×
- ☐ inch loaf pans. To be safe, put a little parchment paper on the bottom of the pan.In a large bowl, whisk together the oil, water, egg, vanilla and pumpkin.
- ☐ Whisk in the baking soda and salt, and sugar (or Fibrelle).
- ☐ Add the flour and stir until it is mixed in. Divide among the loaf pans and bake for 45 minutes or until a toothpick inserted in the bread comes out clean.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:7.3156521372173%

Nutrients (% of daily need)

Calories: 232.32kcal (11.62%), Fat: 10.19g (15.68%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 32.96g (11.99%), Sugar: 25.73g (28.59%), Cholesterol: 31mg (10.33%), Sodium: 201.43mg (8.76%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 2.47g (4.95%), Vitamin A: 3222.9IU (64.46%), Vitamin K: 20.11µg (19.15%), Manganese: 0.27mg (13.68%), Selenium: 7.65µg (10.92%), Vitamin E: 1.09mg (7.24%), Vitamin B2: 0.09mg (5.19%), Fiber: 1.27g (5.07%), Vitamin B1: 0.07mg (4.95%), Iron: 0.87mg (4.82%), Phosphorus: 47.14mg (4.71%), Folate: 18.1µg (4.52%), Magnesium: 13.73mg (3.43%), Vitamin B3: 0.64mg (3.19%), Copper: 0.06mg (2.9%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.42%), Potassium: 78.29mg (2.24%), Zinc: 0.31mg (2.08%), Calcium: 12.8mg (1.28%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%), Vitamin C: 0.86mg (1.04%)