



Mini Pumpkin Spice Loaves

 Vegetarian

READY IN



57 min.

SERVINGS



12

CALORIES



536 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups pumpkin canned
- ☐ 12 servings cream cheese icing
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup golden raisins
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Combine flour and next 6 ingredients in a medium bowl.
- ☐ Add pecans and raisins, tossing to coat.
- ☐ Add flour mixture to butter mixture alternately with pumpkin, beginning and ending with flour mixture. Stir in vanilla.
- ☐ Spoon batter into 12 greased and floured 5" x 3" mini loaf pans. (We tested with Anolon nonstick 6-cavity mini loaf pans, filling each cup 2/3 full.)
- ☐ Bake at 325 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes, remove from pans, and let cool completely. Frost loaves with Cream Cheese Icing.

Nutrition Facts



 **PROTEIN 4.72%**  **FAT 32.64%**  **CARBS 62.64%**

Properties

Glycemic Index:31.56, Glycemic Load:56.25, Inflammation Score:-10, Nutrition Score:15.184347795404%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 536.42kcal (26.82%), Fat: 20.07g (30.88%), Saturated Fat: 8.43g (52.66%), Carbohydrates: 86.68g (28.89%), Net Carbohydrates: 83.26g (30.28%), Sugar: 57.81g (64.23%), Cholesterol: 77mg (25.67%), Sodium: 284.75mg (12.38%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 6.53g (13.07%), Vitamin A: 6782.82IU (135.66%), Manganese: 0.85mg (42.42%), Selenium: 15.47µg (22.1%), Vitamin B1: 0.32mg (21.47%), Folate: 70.74µg (17.69%), Vitamin B2: 0.28mg (16.34%), Iron: 2.77mg (15.37%), Fiber: 3.42g (13.67%), Phosphorus: 126.8mg (12.68%), Copper: 0.25mg (12.38%), Vitamin B3: 2.23mg (11.13%), Magnesium: 33.06mg (8.27%), Vitamin K: 8.58µg (8.17%), Calcium: 79.47mg (7.95%), Vitamin E: 1.07mg (7.12%), Potassium: 247.62mg (7.07%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.6mg (6%), Vitamin B6: 0.11mg (5.39%), Vitamin D: 0.46µg (3.09%), Vitamin C: 2.11mg (2.56%), Vitamin B12: 0.14µg (2.26%)