



Mocha-Glazed Pumpkin Chocolate Chip Bread



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

Ingredients

- 1 cup granulated sugar
- 0.3 cup brown sugar light packed
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 cup vegetable oil
- 3 eggs
- 0.5 cup chocolate chips
- 0.5 cup powdered sugar
- 1.5 teaspoons cocoa powder unsweetened

- 0.5 teaspoon espresso powder instant
- 1 tablespoon water
- 0.5 teaspoon vanilla
- 2.3 cups frangelico

Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 9x5-inch loaf pan.
- In large bowl, stir together all ingredients for bread except chocolate chips until well combined. Fold in chocolate chips.
- Pour batter into pan.
- Bake 45 to 60 minutes or until toothpick inserted in center of loaf comes out clean. Cool 5 minutes in pan.
- Remove from pan to cooling rack to cool completely.
- To make Glaze: In small bowl, stir Glaze ingredients, adding more powdered sugar or water as needed until glaze is thick and drizzly.
- Spoon glaze evenly over completely cooled bread.
- Let set completely before slicing.

Nutrition Facts



PROTEIN 2.79% **FAT 35.19%** **CARBS 62.02%**

Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-8, Nutrition Score:5.59173912328222%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.53kcal (13.93%), Fat: 11.21g (17.25%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 42.16g (15.33%), Sugar: 36.38g (40.42%), Cholesterol: 49.1mg (16.37%), Sodium: 76.91mg (3.34%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 2g (4%), Vitamin A: 2311.74IU (46.23%), Vitamin K: 13.41µg (12.77%), Fiber: 2.3g (9.19%), Selenium: 4.6µg (6.57%), Manganese: 0.12mg (6.18%), Vitamin B2: 0.1mg (5.75%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.73mg (4.89%), Phosphorus: 39.77mg (3.98%), Folate: 15.76µg (3.94%), Vitamin B6: 0.07mg (3.39%), Iron: 0.59mg (3.3%), Calcium: 28.97mg (2.9%), Potassium: 93.37mg (2.67%), Vitamin B12: 0.12µg (1.96%), Copper: 0.04mg (1.92%), Magnesium: 7.35mg (1.84%), Vitamin D: 0.26µg (1.76%), Zinc: 0.26mg (1.72%), Vitamin C: 0.94mg (1.15%)