



Pecan-Pumpkin Bread



Vegetarian



Dairy Free

READY IN



160 min.

SERVINGS



20

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 15 oz pumpkin canned
- ☐ 1 cup canola oil
- ☐ 4 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 3 cups granulated sugar
- ☐ 1.5 cups pecans chopped
- ☐ 1 tablespoon pumpkin pie spice

- ☐ 1 teaspoon salt
- ☐ 0.7 cup water

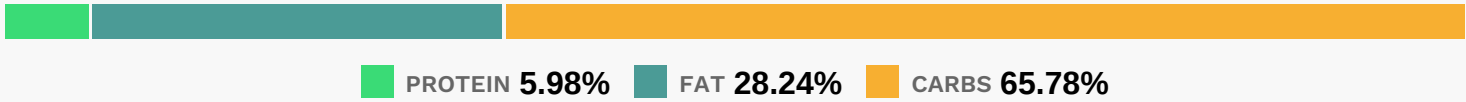
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Stir together flour and next 4 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Whisk together pumpkin, next 3 ingredients; add to dry ingredients, stirring just until moistened. Stir in pecans.
- ☐ Spoon batter into 2 greased and floured 9- x 5-inch loafpans.
- ☐ Bake at 350 for 1 hour to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- ☐ Remove from pans to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:33.06, Inflammation Score:-9, Nutrition Score:10.017391448436%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate:
0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 293.97kcal (14.7%), Fat: 9.48g (14.59%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 49.71g (16.57%), Net
Carbohydrates: 47.67g (17.34%), Sugar: 31.09g (34.54%), Cholesterol: 37.2mg (12.4%), Sodium: 187.54mg (8.15%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 3368.39IU (67.37%), Manganese:
0.6mg (30.03%), Selenium: 11.09µg (15.84%), Vitamin B1: 0.24mg (15.68%), Folate: 49.15µg (12.29%), Vitamin B2:
0.18mg (10.7%), Iron: 1.77mg (9.82%), Copper: 0.16mg (8.22%), Fiber: 2.04g (8.15%), Vitamin B3: 1.48mg (7.4%),
Phosphorus: 73.87mg (7.39%), Vitamin E: 0.86mg (5.7%), Magnesium: 21.28mg (5.32%), Vitamin K: 5.47µg (5.21%),
Zinc: 0.7mg (4.67%), Vitamin B5: 0.4mg (4.05%), Potassium: 117.14mg (3.35%), Vitamin B6: 0.06mg (2.84%),
Calcium: 22.79mg (2.28%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.05mg (1.28%)