



Praline Pumpkin Date Bread

 Dairy Free

READY IN



165 min.

SERVINGS



48

CALORIES



97 kcal

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup pecans chopped
- ☐ 1 tablespoon butter softened
- ☐ 1.7 cups granulated sugar
- ☐ 0.7 cup vegetable oil
- ☐ 2 teaspoons vanilla
- ☐ 4 eggs
- ☐ 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 3 cups flour all-purpose

- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 cup dates chopped

Equipment

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

Directions

- ☐ Move oven rack to low position so that tops of pans will be in center of oven.
- ☐ Heat oven to 350°F. Grease bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 1/2 inches, or 1 loaf pan, 9x5x3 inches, with shortening.
- ☐ Mix all Praline Topping ingredients until crumbly; set aside.
- ☐ In large bowl, mix granulated sugar, oil, vanilla, eggs and pumpkin. Stir in remaining Date Bread ingredients except dates until well blended. Stir in dates.
- ☐ Pour batter into pans.
- ☐ Sprinkle with topping.
- ☐ Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to wire rack. Cool completely, about 1 hour, before slicing.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:10.24, Inflammation Score:-5, Nutrition Score:3.0778260736362%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 97.42kcal (4.87%), Fat: 1.86g (2.86%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.93g (6.52%), Sugar: 10.44g (11.6%), Cholesterol: 13.64mg (4.55%), Sodium: 113.53mg (4.94%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.52g (3.04%), Vitamin A: 766.26IU (15.33%), Manganese: 0.15mg (7.67%), Selenium: 4.06µg (5.79%), Fiber: 1.29g (5.17%), Folate: 19.9µg (4.97%), Vitamin B1: 0.07mg (4.73%), Vitamin B2: 0.07mg (4.14%), Iron: 0.6mg (3.31%), Vitamin B3: 0.55mg (2.74%), Phosphorus: 24.78mg (2.48%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (1.84%), Vitamin B6: 0.03mg (1.56%), Magnesium: 6.07mg (1.52%), Potassium: 51.79mg (1.48%), Calcium: 12.69mg (1.27%), Vitamin K: 1.3µg (1.24%), Zinc: 0.17mg (1.15%)