



Pumpkin Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tsp baking soda
- 0.5 cup butter melted
- 1 Tbsp calumet baking powder
- 15 oz pumpkin canned
- 2 eggs
- 1.8 cups flour
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 tsp pumpkin pie spice

- 1 cup sugar
- 0.3 cup planters walnuts chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F.
- Mix flour, dry pudding mix, baking powder, spice and baking soda; set aside.
- Whisk butter, sugar and pumpkin in large bowl. Blend in eggs.
- Add flour mixture; stir just until dry ingredients are moistened.
- Pour into 8x4-inch loaf pan sprayed with cooking spray; top with nuts.
- Bake 1 hour to 1 hour 5 min. or until toothpick inserted in center comes out clean, covering loosely with foil for the last 20 min. Cool bread in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



PROTEIN 5.43% **FAT 34.91%** **CARBS 59.66%**

Properties

Glycemic Index:19.19, Glycemic Load:16.5, Inflammation Score:-10, Nutrition Score:8.3443477464759%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 205.55kcal (10.28%), Fat: 8.16g (12.56%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 30.03g (10.92%), Sugar: 18.27g (20.3%), Cholesterol: 35.71mg (11.9%), Sodium: 251.72mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin A: 4344.3IU (86.89%), Manganese: 0.25mg (12.62%), Selenium: 6.77µg (9.67%), Folate: 33.45µg (8.36%), Vitamin B1: 0.12mg (8.32%), Iron: 1.31mg (7.27%), Vitamin B2: 0.12mg (6.86%), Calcium: 62.08mg (6.21%), Phosphorus: 61.9mg (6.19%), Fiber: 1.37g (5.49%), Vitamin B3: 0.94mg (4.72%), Vitamin K: 4.93µg (4.7%), Copper: 0.09mg (4.7%), Magnesium: 14.27mg (3.57%), Vitamin E: 0.53mg (3.56%), Vitamin B5: 0.27mg (2.72%), Potassium: 92.43mg (2.64%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.3mg (2.01%), Vitamin C: 1.2mg (1.45%), Vitamin B12: 0.06µg (1.02%)