



Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon allspice
- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 4 eggs
- 3.5 cups flour
- 1 teaspoon nutmeg
- 16 ounces pumpkin unsweetened canned

- 2 teaspoons salt
- 3 cups sugar
- 1 cup vegetable oil
- 0.7 cup water

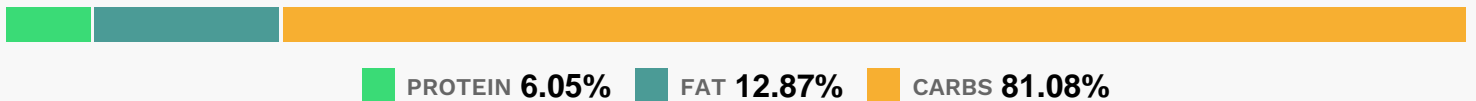
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees. Butter and flour 2 9 by 5 loaf pans. Stir together sugar and oil. Stir in eggs and pumpkin.
- Combine dry ingredients in separate bowl. Blend dry ingredients and water into wet mixture, alternating. Divide batter between two loaf pans.
- Bake for 30 to 40 minutes or until cake tester comes out clean.
- Let stand 10 minutes.
- Remove from pans and cool.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:41.37, Inflammation Score:-10, Nutrition Score:10.334347605705%

Nutrients (% of daily need)

Calories: 294.79kcal (14.74%), Fat: 4.3g (6.61%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 60.91g (20.3%), Net Carbohydrates: 59.23g (21.54%), Sugar: 38.51g (42.79%), Cholesterol: 40.92mg (13.64%), Sodium: 472.57mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin A: 4472.61IU (89.45%), Selenium: 13µg (18.57%), Vitamin B1: 0.23mg (15.1%), Folate: 58.76µg (14.69%), Manganese: 0.26mg (13.16%), Vitamin B2: 0.21mg (12.23%), Iron: 1.93mg (10.71%), Vitamin K: 9.7µg (9.24%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 67.2mg (6.72%), Fiber: 1.68g (6.72%), Vitamin E: 0.66mg (4.39%), Copper: 0.08mg (4.22%), Vitamin B5: 0.4mg

(4.02%), Magnesium: 14.5mg (3.63%), Calcium: 35.48mg (3.55%), Potassium: 105.98mg (3.03%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.36%), Vitamin B12: 0.1µg (1.63%), Vitamin C: 1.25mg (1.51%), Vitamin D: 0.22µg (1.47%)