



Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



95 min.

SERVINGS



18

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 3 large eggs
- 2 cups flour all-purpose
- 3 cups pumpkin fresh shredded
- 1 cup pumpkin seeds toasted
- 0.5 teaspoon salt

- 1.5 cups sugar
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil

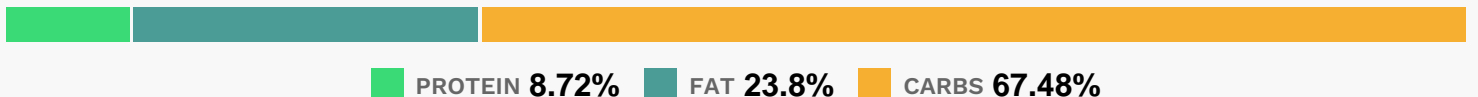
Equipment

- bowl
- oven
- knife
- wire rack
- loaf pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Sift the flour, cinnamon, baking soda, baking powder, and salt together.
- In a separate bowl, mix the sugar, vegetable oil, eggs, and vanilla.
- Combine both mixtures and fold in the shredded pumpkin and pumpkin seeds. Once the ingredients are all incorporated pour into a non- stick 9 by 5 by 3-inch loaf pan. If your pan is not non- stick coat it with butter and flour.
- Bake for 1 hour and 15 minutes. At this point a knife inserted into the middle of the loaf should come out clean. Cool for 15 minutes and turn out onto a cooling rack. Cool completely. For muffins temperature should also be 325 degrees F., but bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:20.17, Inflammation Score:-8, Nutrition Score:6.4556522110234%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 168.82kcal (8.44%), Fat: 4.56g (7.02%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 28.32g (10.3%), Sugar: 17.32g (19.24%), Cholesterol: 31mg (10.33%), Sodium: 144.05mg (6.26%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Protein: 3.76g (7.52%), Vitamin A: 1692.07IU (33.84%), Manganese: 0.32mg (16.15%), Selenium: 7.77µg (11.1%), Vitamin B1: 0.13mg (8.79%), Folate: 34.5µg (8.63%), Phosphorus: 85.22mg (8.52%), Vitamin B2: 0.14mg (8.05%), Iron: 1.29mg (7.18%), Magnesium: 27.6mg (6.9%), Vitamin B3: 1.12mg (5.62%), Copper: 0.1mg (5.02%), Vitamin K: 3.95µg (3.76%), Zinc: 0.55mg (3.67%), Vitamin E: 0.53mg (3.55%), Potassium: 122.5mg (3.5%), Fiber: 0.8g (3.21%), Vitamin B5: 0.27mg (2.74%), Vitamin C: 1.82mg (2.2%), Vitamin B6: 0.04mg (1.88%), Calcium: 18.17mg (1.82%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)