



Pumpkin Bread

 Dairy Free

READY IN



205 min.

SERVINGS



24

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1.7 cups sugar
- 0.7 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups flour whole wheat all-purpose
- 0.5 cup nuts coarsely chopped
- 0.5 cup raisins

- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon ground cloves

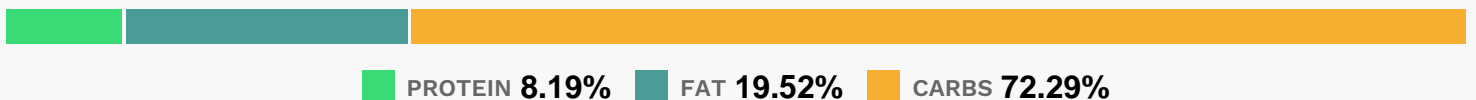
Equipment

- 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.
- Stir together pumpkin, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients.
- Pour into pans.
- 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 and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:11.14, Inflammation Score:-8, Nutrition Score:7.8347824967426%

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 3.92g (6.03%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 29.04g (10.56%), Sugar: 13.99g (15.55%), Cholesterol: 27.28mg (9.09%), Sodium: 245.99mg (10.7%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.7g (7.4%), Manganese: 0.79mg (39.53%), Vitamin A: 1511.99IU (30.24%), Selenium: 11.82µg (16.89%), Fiber: 3.61g (14.44%), Phosphorus: 93.3mg (9.33%), Magnesium: 32.14mg (8.04%), Copper: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.04%), Iron: 1.07mg (5.97%), Vitamin B6: 0.12mg (5.83%), Vitamin B2: 0.09mg (5.51%), Vitamin B3: 0.99mg (4.97%), Folate: 17.85µg (4.46%), Vitamin B5: 0.44mg (4.42%), Zinc: 0.66mg (4.38%), Potassium: 133.45mg (3.81%), Calcium: 24.94mg (2.49%), Vitamin K: 2.62µg (2.49%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.07µg (1.09%)