



Pumpkin Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tsp baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp ground cloves
- ☐ 0.3 tsp ground ginger
- ☐ 1 tsp ground nutmeg

- ☐ 1.5 tsp salt
- ☐ 1 cup vegetable oil
- ☐ 0.7 cup water
- ☐ 3 cups sugar white

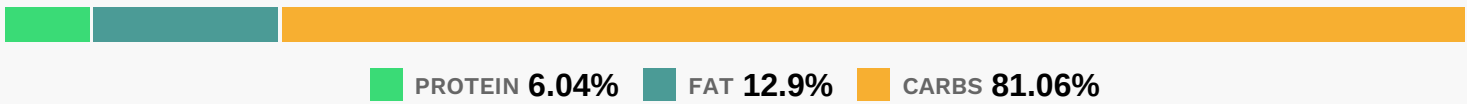
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Grease two 9×5 inch loaf pans.
- ☐ In a large bowl of a stand mixer, add pumpkin puree, eggs, oil, water, sugar and mix on medium speed until smooth.
- ☐ Add in flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger.
- ☐ Mix on low speed until flour is fully incorporated. Turn mixer speed slightly higher and mix until no flour lumps remain.
- ☐ Pour batter into prepared pans.
- ☐ Bake for about 50–60 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:41.3, Inflammation Score:-10, Nutrition Score:10.051739101825%

Nutrients (% of daily need)

Calories: 294.16kcal (14.71%), Fat: 4.3g (6.61%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 59.06g (21.48%), Sugar: 38.46g (42.74%), Cholesterol: 40.92mg (13.64%), Sodium: 393.92mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 4196.42IU (83.93%), Selenium: 13.01µg (18.58%), Manganese: 0.31mg (15.62%), Vitamin B1: 0.23mg (15.07%), Folate: 58.53µg (14.63%), Vitamin B2: 0.21mg (12.19%), Iron: 1.88mg (10.46%), Vitamin K: 9.52µg (9.07%), Vitamin B3: 1.73mg (8.64%), Fiber: 1.65g (6.6%), Phosphorus: 61.13mg (6.11%), Vitamin E: 0.65mg (4.31%), Copper: 0.08mg (4.12%), Vitamin B5: 0.4mg (3.96%), Magnesium: 14.13mg (3.53%), Potassium: 102.21mg (2.92%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.33%), Calcium: 20.31mg (2.03%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.13mg (1.37%)