



Pumpkin Bread

 Vegetarian  Popular

READY IN



70 min.

SERVINGS



12

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 tsp double-acting baking powder
- 1 tsp baking soda
- 1 cup brown sugar
- 0.3 tsp juice of lemon
- 2 tbsp maple syrup pure
- 0.3 cup plant-based milk
- 15 ounces pumpkin
- 2 tbsp pumpkin pie spice

- 1 tsp vanilla extract
- 2 cups flour whole wheat

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- loaf pan
- toothpicks
- aluminum foil
- spatula

Directions

- Preheat oven to 350F. Grease or spray a standard bread pan.
- Whisk non-dairy milk and lemon juice together until bubbly and set aside. In a medium mixing bowl, cream pumpkin, sugar, syrup and extract together. In a large bowl, whisk pumpkin pie spice, flour, baking soda and baking powder together.
- Pour wet mixture into dry mixture and stir until just combined.
- Pour into bread pan, using a spatula to evenly distribute and smooth out the top. Grab a large piece of aluminum foil and make a tent over the pan.
- Bake for 1 hour, or until a toothpick inserted in the center comes out clean. If using icing, prepare while bread is baking. Once the bread has cooled but is still slightly warm, gently remove it from the pan and on to a serving plate. Nutritional Information

- Amount Per Serving
- Calories
- Fat
- 50g
- Carbohydrate
- 80gDietary Fiber1.80gSugars15.20gProtein2.70g

Nutrition Facts

PROTEIN 7.53% FAT 4.27% CARBS 88.2%

Properties

Glycemic Index:19.88, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:10.338260892941%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg

Nutrients (% of daily need)

Calories: 163.25kcal (8.16%), Fat: 0.82g (1.26%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 35.46g (12.89%), Sugar: 21.2g (23.56%), Cholesterol: 0.61mg (0.2%), Sodium: 133.83mg (5.82%), Alcohol: 0.12g (100%), Alcohol %: 0.18% (100%), Protein: 3.24g (6.48%), Vitamin A: 3029.22IU (60.58%), Manganese: 1.1mg (54.75%), Selenium: 12.87µg (18.39%), Phosphorus: 98.19mg (9.82%), Fiber: 2.46g (9.82%), Magnesium: 35.98mg (9%), Vitamin B1: 0.12mg (8.3%), Iron: 1.34mg (7.46%), Vitamin B2: 0.12mg (7.23%), Copper: 0.14mg (7.02%), Potassium: 239.45mg (6.84%), Vitamin B3: 1.25mg (6.27%), Vitamin B6: 0.12mg (5.88%), Calcium: 57.02mg (5.7%), Zinc: 0.71mg (4.7%), Vitamin C: 3.45mg (4.18%), Folate: 14.9µg (3.72%), Vitamin E: 0.54mg (3.59%), Vitamin B5: 0.27mg (2.7%)