



Pumpkin Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup canola oil plus more for the pan
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 cup pumpkin pie filling pure (not pumpkin)
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Heat oven to 350 F. Oil a 9-by-5-inch loaf pan. In a large bowl, combine the pumpkin pie filling, oil, sugar, molasses, and vanilla. In a separate bowl, combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, cloves, and ginger. Slowly stir the flour mixture into the pumpkin mixture.
- ☐ Pour into the prepared pan.
- ☐ Bake for 60 to 65 minutes.
- ☐ Transfer pan to a wire rack for 10 minutes. Using a knife, loosen the bread from the pan. Invert it onto a cutting board.
- ☐ Place the cooled bread in a resealable plastic bag or cover with 2 layers of plastic wrap. Store for up to 3 months. To Reheat: Refrigerate the bread overnight.
- ☐ Remove the plastic wrap, cover with aluminum foil, and warm in a 250 oven for 30 minutes.

Nutrition Facts



PROTEIN 4.6% FAT 9.34% CARBS 86.06%

Properties

Glycemic Index:44.51, Glycemic Load:37.47, Inflammation Score:-9, Nutrition Score:12.491304304289%

Nutrients (% of daily need)

Calories: 310.24kcal (15.51%), Fat: 3.27g (5.03%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 63.96g (23.26%), Sugar: 34.62g (38.47%), Cholesterol: 0mg (0%), Sodium: 445.01mg (19.35%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 3.62g (7.25%), Vitamin A: 2801.51IU (56.03%), Manganese: 0.8mg (39.9%), Selenium: 14.91µg (21.3%), Vitamin B1: 0.26mg (17.32%), Folate: 69.09µg (17.27%), Iron: 2.95mg (16.4%), Magnesium: 64.21mg (16.05%), Fiber: 3.83g (15.32%), Vitamin B2: 0.2mg (11.71%), Potassium: 392.42mg (11.21%), Vitamin B3: 2.19mg (10.93%), Calcium: 107.96mg (10.8%), Vitamin B6: 0.21mg (10.51%), Copper: 0.17mg (8.74%), Phosphorus: 72.5mg (7.25%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.52mg (3.47%), Zinc: 0.39mg (2.57%), Vitamin K: 2.26µg (2.15%), Vitamin C: 1.19mg (1.45%)