

# Pumpkin Bread III

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



1472 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 teaspoons baking soda
- 1 cup pumpkin canned
- 4 eggs
- 3 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1.5 teaspoons salt

- 1 cup vegetable oil
- 0.7 cup water
- 3 cups sugar white

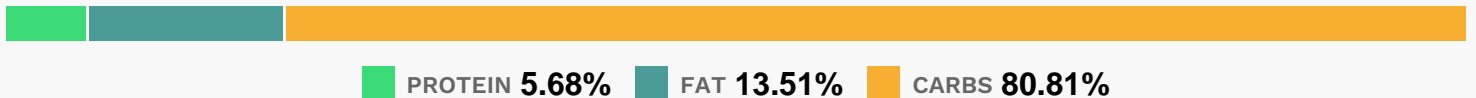
## Equipment

- oven
- knife
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 - 1 pound coffee cans.
- Sift together the dry ingredients .
- Combine the vegetable oil, water, canned pumpkin and eggs. Slowly add dry ingredients to egg mixture and mix until blended
- Evenly distribute the batter between the coffee cans.
- Bake at 350 degrees F (175 degrees C) for 50-55 minutes or until a toothpick inserted in center comes out clean and top of bread is browned. Cool bread in coffee cans on a rack for 15 minutes.
- Remove bread from cans by running a knife around the inside and turning can upside down to dislodge bread (should slide right out!). Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:78.36, Glycemic Load:208.82, Inflammation Score:-10, Nutrition Score:32.464347922284%

## Nutrients (% of daily need)

Calories: 1472.03kcal (73.6%), Fat: 22.51g (34.64%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 302.96g (100.99%), Net Carbohydrates: 296.58g (107.85%), Sugar: 203.05g (225.62%), Cholesterol: 218.24mg (72.75%), Sodium: 1987.55mg (86.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Vitamin A: 13032.83IU (260.66%), Selenium: 61.97µg (88.53%), Vitamin B1: 1.03mg (68.5%), Folate: 266.91µg (66.73%),

Manganese: 1.16mg (57.85%), Vitamin B2: 0.97mg (56.99%), Iron: 8.2mg (45.54%), Vitamin B3: 7.76mg (38.8%),  
Vitamin K: 40.55µg (38.62%), Phosphorus: 282.34mg (28.23%), Fiber: 6.38g (25.52%), Vitamin E: 2.76mg (18.41%),  
Vitamin B5: 1.78mg (17.76%), Copper: 0.35mg (17.29%), Magnesium: 56.4mg (14.1%), Zinc: 1.83mg (12.21%),  
Potassium: 399.35mg (11.41%), Vitamin B6: 0.2mg (10.2%), Calcium: 89.45mg (8.94%), Vitamin B12: 0.52µg (8.7%),  
Vitamin D: 1.17µg (7.82%), Vitamin C: 3.74mg (4.53%)