



Pumpkin Butter Bread

 Vegetarian

READY IN



120 min.

SERVINGS



3

CALORIES



797 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups pumpkin butter divided
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 3x7-inch loaf pan.
- ☐ Whisk together the flour, salt, baking soda, baking powder, cinnamon, nutmeg, and cloves in a bowl; set aside.
- ☐ Beat the egg in a bowl.
- ☐ Whisk in the brown sugar, apple juice, melted butter, and half of the pumpkin butter until smooth. Stir in the flour mixture until no lumps remain.
- ☐ Pour half of the batter into the prepared pan and spread the remaining pumpkin butter over top.
- ☐ Pour in the remaining batter.
- ☐ Bake in the preheated oven on the middle rack until a toothpick inserted into the center comes out clean, 50 to 60 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



 PROTEIN **5.7%**  FAT **19.98%**  CARBS **74.32%**

Properties

Glycemic Index:110.92, Glycemic Load:48.53, Inflammation Score:-10, Nutrition Score:24.406521714252%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 797.06kcal (39.85%), Fat: 17.97g (27.65%), Saturated Fat: 10.52g (65.78%), Carbohydrates: 150.41g (50.14%), Net Carbohydrates: 145.89g (53.05%), Sugar: 77.16g (85.73%), Cholesterol: 95.23mg (31.74%), Sodium: 952.22mg (41.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.09%), Vitamin A: 7997.5IU (159.95%), Manganese: 1.19mg (59.35%), Vitamin B1: 0.74mg (49.51%), Selenium: 34.29µg (48.98%), Folate: 180.24µg (45.06%), Iron: 5.55mg (30.86%), Vitamin B2: 0.51mg (29.86%), Vitamin B3: 5.92mg (29.58%), Calcium: 254.14mg (25.41%), Phosphorus: 198.73mg (19.87%), Vitamin C: 15.13mg (18.34%), Fiber: 4.52g (18.08%), Potassium: 510.15mg (14.58%), Magnesium: 56.17mg (14.04%), Copper: 0.23mg (11.62%), Vitamin E: 1.71mg (11.38%), Vitamin B6: 0.21mg (10.57%), Vitamin B5: 1.01mg (10.13%), Zinc: 0.97mg (6.44%), Vitamin K: 3.17µg (3.02%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.29µg (1.96%)