



Pumpkin Caramel Cheesecake Turtle Bread

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.5 cup chocolate sauce
- ☐ 8 ounces cream cheese room temperature ()
- ☐ 1 large eggs
- ☐ 2 large eggs

- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoon golden syrup (or corn syrup)
- ☐ 0.5 cup oil
- ☐ 1 cup pecans toasted chopped (and)
- ☐ 1 cup pumpkin puree
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat

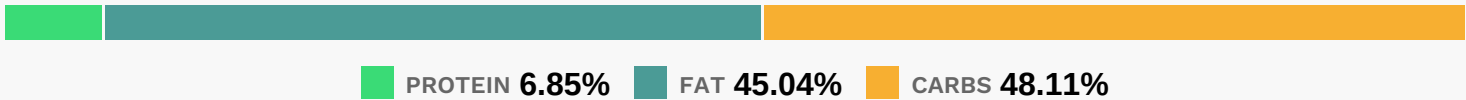
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Mix the flours, baking soda, baking powder and salt in a bowl.
- ☐ Mix the pumpkin, vanilla, oil, eggs and sugars in another bowl.
- ☐ Mix the wet ingredients into the dry ingredients.
- ☐ Beat the cream cheese, sugar, syrup, caramel, egg and flour in a bowl.
- ☐ Pour half of the pumpkin bread mixture into a loaf pan followed by the caramel cheesecake mixture and the remaining pumpkin bread mixture.
- ☐ Bake in a preheated 350F oven until a toothpick pushed into the center comes out clean, about 60 minutes.
- ☐ Let cool and then pour on the caramel sauce, chocolate sauce and pecans.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:12.59, Inflammation Score:-10, Nutrition Score:16.910434904306%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 491.69kcal (24.58%), Fat: 25.45g (39.15%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 56.92g (20.7%), Sugar: 40.93g (45.48%), Cholesterol: 98.57mg (32.86%), Sodium: 428.14mg (18.61%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.71g (17.42%), Vitamin A: 5269.53IU (105.39%), Manganese: 1.31mg (65.55%), Selenium: 19.16µg (27.36%), Phosphorus: 202.22mg (20.22%), Fiber: 4.24g (16.96%), Copper: 0.33mg (16.67%), Magnesium: 58.22mg (14.55%), Vitamin B2: 0.23mg (13.71%), Vitamin E: 2.04mg (13.62%), Vitamin B1: 0.19mg (12.81%), Iron: 2.04mg (11.33%), Calcium: 111.37mg (11.14%), Zinc: 1.55mg (10.36%), Potassium: 306.09mg (8.75%), Vitamin K: 8.74µg (8.33%), Vitamin B5: 0.83mg (8.27%), Vitamin B6: 0.16mg (7.95%), Folate: 27.19µg (6.8%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.38µg (2.5%), Vitamin C: 1.53mg (1.86%)