



Pumpkin-Cranberry-Pecan Bread

 Dairy Free

READY IN



145 min.

SERVINGS



12

CALORIES



255 kcal

Ingredients

- ☐ 14 oz corn muffin mix quick
- ☐ 1 cup water
- ☐ 3 tablespoons cooking oil
- ☐ 2 eggs
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup fries white
- ☐ 1.5 teaspoons cooking oil
- ☐ 2 tablespoons pecans chopped

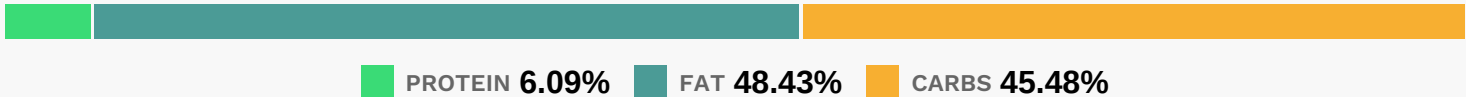
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Heat oven to 375°F. Generously grease bottom only of 8x4 or 9x5-inch loaf pan. In large bowl, combine quick bread mix, water, 3 tablespoons oil and eggs; beat 50 to 75 strokes with spoon until mix is moistened. Stir in cranberries and 1/2 cup pecans.
- ☐ Pour batter into greased pan.
- ☐ Bake at 375°F. for 40 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Loosen sides of loaf with knife or metal spatula; remove from pan. Cool 1 hour or until completely cooled.
- ☐ Melt vanilla chips with 1 1/2 teaspoons oil as directed on package. Cool about 3 minutes or until slightly cooled.
- ☐ Place mixture in resealable food storage plastic bag; seal bag.
- ☐ Cut small hole in bottom corner of bag. Squeeze bag to drizzle topping over cooled loaf. Immediately sprinkle with 2 tablespoons pecans.
- ☐ Let stand until topping sets before wrapping tightly. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:6.3543478716975%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 255.37kcal (12.77%), Fat: 13.99g (21.53%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 26.34g (9.58%), Sugar: 10.67g (11.85%), Cholesterol: 27.94mg (9.31%), Sodium: 306.02mg (13.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Manganese: 0.41mg (20.51%), Phosphorus: 197.65mg (19.77%), Fiber: 3.24g (12.94%), Vitamin B1: 0.19mg (12.63%), Folate: 36.66µg (9.16%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 1.02mg (6.82%), Iron: 1.2mg (6.65%), Vitamin B3: 1.32mg (6.61%), Selenium: 4.39µg (6.28%), Copper: 0.12mg (5.79%), Vitamin K: 5.13µg (4.88%), Magnesium: 17.62mg (4.4%), Vitamin B6: 0.08mg (3.93%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.36mg (3.62%), Calcium: 28.79mg (2.88%), Potassium: 96.62mg (2.76%), Vitamin A: 81.11IU (1.62%), Vitamin B12: 0.09µg (1.58%)