



Pumpkin-Cranberry Pecan Bread with Topsy Whipped Cream

READY IN



190 min.

SERVINGS



12

CALORIES



415 kcal

Ingredients

- ☐ 0.5 cup butter unsalted melted
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 eggs
- ☐ 1.3 cups pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.8 cup milk
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda

- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 cup heavy whipping cream
- ☐ 1 tablespoon grand marnier
- ☐ 1 tablespoon powdered sugar

Equipment

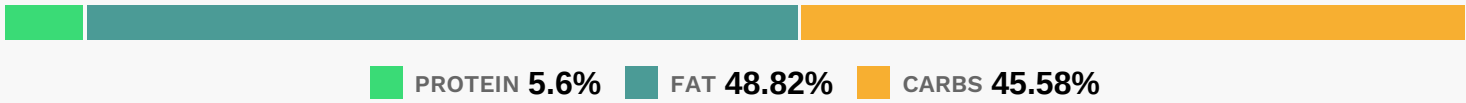
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 325°F. Spray 9x5-inch loaf pan with baking spray with flour.
- ☐ In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on low speed until smooth.
- ☐ Mix in eggs, pumpkin and milk. Stir in flour, baking powder, baking soda, salt and spices until blended. Stir in pecans and cranberries. Spoon batter into pan.
- ☐ Bake 1 hour 5 minutes to 1 hour 15 minutes or until toothpick inserted in center comes out clean (crack on top surface should look dry). Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour 30 minutes.

In chilled large deep bowl, beat topping ingredients with electric mixer on low speed until mixture begins to thicken. Gradually increase speed to high and beat until stiff peaks form. Slice bread; serve with a dollop of topping.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:20.61, Inflammation Score:-9, Nutrition Score:12.213913046795%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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: 414.51kcal (20.73%), Fat: 22.98g (35.35%), Saturated Fat: 10.59g (66.16%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 43.99g (16%), Sugar: 19.29g (21.43%), Cholesterol: 71.86mg (23.95%), Sodium: 332.54mg (14.46%), Alcohol: 0.32g (100%), Alcohol %: 0.3% (100%), Protein: 5.93g (11.87%), Vitamin A: 2931.92IU (58.64%), Manganese: 0.77mg (38.34%), Vitamin B1: 0.29mg (19.06%), Selenium: 12.91µg (18.44%), Fiber: 4.27g (17.08%), Folate: 64.18µg (16.04%), Vitamin B2: 0.27mg (16.01%), Phosphorus: 118.07mg (11.81%), Iron: 2.01mg (11.19%), Copper: 0.18mg (9.17%), Vitamin B3: 1.83mg (9.17%), Calcium: 84.57mg (8.46%), Vitamin B5: 0.76mg (7.6%), Magnesium: 26.75mg (6.69%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.11mg (5.45%), Vitamin D: 0.77µg (5.16%), Vitamin E: 0.74mg (4.92%), Potassium: 169.87mg (4.85%), Vitamin B12: 0.2µg (3.26%), Vitamin K: 2.17µg (2.07%), Vitamin C: 1.25mg (1.52%)