



Pumpkin-Cream Cheese Bread

READY IN



75 min.

SERVINGS



15

CALORIES



419 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tsp baking soda
- 0.5 cup butter softened (1 stick)
- 0.5 tsp calumet baking powder
- 15 oz pumpkin canned
- 8 oz philadelphia cream cheese softened
- 4 eggs
- 3.5 cups flour
- 1 tsp ground cinnamon
- 0.3 tsp ground cloves

- 1 cup planters pecan pieces
- 1 tsp salt
- 2.5 cups sugar

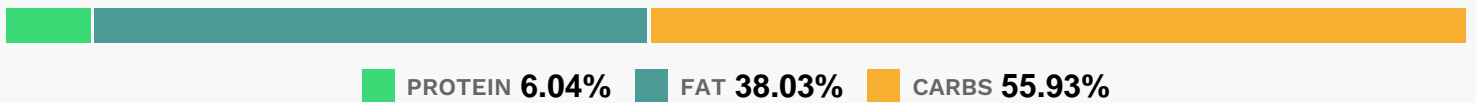
Equipment

- bowl
- oven
- blender
- loaf pan
- toothpicks

Directions

- Heat oven to 350F. Beat butter, cream cheese and sugar in large bowl with mixer until well blended.
- Add eggs, 1 at a time, mixing well after each addition. Blend in pumpkin. Gradually add combined dry ingredients, mixing after each addition just until moistened. Stir in nuts.
- Pour into 2 greased and floured 9x5-inch loaf pans.
- Bake 55 min.or until toothpick inserted in centers comes out clean. Cool 5 min.; remove from pans to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:39.67, Inflammation Score:-10, Nutrition Score:13.154347849929%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-

gallate: 0.17mg

Nutrients (% of daily need)

Calories: 419.07kcal (20.95%), Fat: 18.12g (27.88%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 57.55g (20.93%), Sugar: 35.19g (39.1%), Cholesterol: 58.92mg (19.64%), Sodium: 478.45mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Vitamin A: 4953.75IU (99.08%), Manganese: 0.63mg (31.31%), Selenium: 15.39µg (21.98%), Vitamin B1: 0.29mg (19.52%), Folate: 65.35µg (16.34%), Vitamin B2: 0.27mg (15.68%), Iron: 2.21mg (12.27%), Phosphorus: 106.5mg (10.65%), Vitamin B3: 1.94mg (9.69%), Fiber: 2.41g (9.65%), Copper: 0.17mg (8.69%), Magnesium: 24.97mg (6.24%), Vitamin E: 0.91mg (6.1%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.82mg (5.44%), Calcium: 52.52mg (5.25%), Vitamin K: 5.33µg (5.08%), Potassium: 160.57mg (4.59%), Vitamin B6: 0.07mg (3.67%), Vitamin B12: 0.15µg (2.42%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.23µg (1.56%)