



Pumpkin-Date Loaf with Cream Cheese Swirl

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup pumpkin puree canned
- 1.3 cups t brown sugar dark packed
- 5 ounces dates whole pitted chopped
- 1 large eggs lightly beaten
- 1 large egg whites lightly beaten
- 1 large egg yolk lightly beaten

- 2 cups flour all-purpose
- 2 tablespoons granulated sugar
- 1.5 teaspoons pumpkin pie spice
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Combine first 4 ingredients in a small bowl; beat with a mixer at medium speed until blended.
- Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine flour and the next 4 ingredients (flour through soda) in a medium bowl, stirring with a whisk.
- Combine egg, egg yolk, and brown sugar in a medium bowl; stir with a whisk until well blended.
- Add pumpkin and oil; stir well with a whisk. Stir in dates.
- Add to flour mixture, stirring just until moist.
- Spoon the batter into a 9 x 5-inch loaf pan coated with cooking spray. Spoon cream cheese mixture over batter; swirl batters together using the tip of a knife.

Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool for 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



PROTEIN 5.72% **FAT 15.67%** **CARBS 78.61%**

Properties

Glycemic Index:18.07, Glycemic Load:12.82, Inflammation Score:-8, Nutrition Score:5.9582607564719%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 189.85kcal (9.49%), Fat: 3.38g (5.2%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.67g (13.33%), Sugar: 24.29g (26.98%), Cholesterol: 23.1mg (7.7%), Sodium: 130.65mg (5.68%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 2.78g (5.55%), Vitamin A: 1820.88IU (36.42%), Selenium: 7.81µg (11.16%), Manganese: 0.19mg (9.51%), Vitamin B1: 0.13mg (8.9%), Folate: 34.97µg (8.74%), Vitamin B2: 0.12mg (7%), Iron: 1.25mg (6.94%), Vitamin K: 6.88µg (6.56%), Fiber: 1.49g (5.97%), Vitamin B3: 1.11mg (5.53%), Phosphorus: 43.43mg (4.34%), Calcium: 42.37mg (4.24%), Potassium: 131.89mg (3.77%), Copper: 0.07mg (3.3%), Magnesium: 12.44mg (3.11%), Vitamin B5: 0.27mg (2.73%), Vitamin E: 0.41mg (2.72%), Vitamin B6: 0.04mg (2.25%), Zinc: 0.23mg (1.53%)