



Pumpkin-Date-Nut Loaf

 Vegetarian

READY IN



61 min.

SERVINGS



14

CALORIES



160 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 cup pumpkin canned
- 0.3 cup dates chopped
- 1 large eggs
- 1 large egg white
- 1.7 cups flour all-purpose
- 0.8 teaspoon ground cinnamon

- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.5 cup buttermilk 1% low-fat ()
- 0.3 teaspoon salt
- 0.8 cup sugar
- 3 tablespoons vegetable oil
- 3 tablespoons walnuts toasted chopped

Equipment

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

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and next 5 ingredients; stir with a whisk.
- Combine sugar and next 5 ingredients in a large mixing bowl; beat with a mixer at medium speed just until smooth. Gradually add flour mixture, beating just until moist.
- Stir in dates and walnuts.
- Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.
- Remove bread from pan immediately; cool on a wire rack.

Nutrition Facts

PROTEIN 7.56% FAT 27.43% CARBS 65.01%

Properties

Glycemic Index:27.44, Glycemic Load:16.97, Inflammation Score:-8, Nutrition Score:6.1543478097605%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.02kcal (8%), Fat: 4.99g (7.68%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.36g (9.22%), Sugar: 13.9g (15.44%), Cholesterol: 13.63mg (4.54%), Sodium: 130.61mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Vitamin A: 2067.11IU (41.34%), Manganese: 0.25mg (12.44%), Selenium: 7.16µg (10.22%), Vitamin B1: 0.13mg (8.91%), Folate: 33.82µg (8.45%), Vitamin B2: 0.13mg (7.54%), Vitamin K: 7.71µg (7.34%), Iron: 1.08mg (5.99%), Fiber: 1.28g (5.12%), Vitamin B3: 1.01mg (5.07%), Phosphorus: 47.13mg (4.71%), Copper: 0.08mg (4.13%), Magnesium: 13.12mg (3.28%), Vitamin E: 0.45mg (2.98%), Potassium: 98.85mg (2.82%), Calcium: 26.77mg (2.68%), Vitamin B5: 0.23mg (2.34%), Vitamin B6: 0.04mg (2.05%), Zinc: 0.29mg (1.95%)