



Pumpkin Flax Quickbread

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup pumpkin puree canned
- 2 tablespoons flax seed meal
- 1.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.5 teaspoon ground nutmeg
- 0.8 teaspoon salt
- 1.5 cups sugar
- 6 tablespoons water
- 0.3 cup pastry flour whole wheat

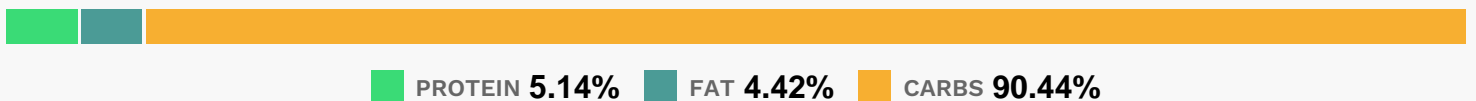
Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x5 inch loaf pan.
- Whisk together flax seed meal and water.
- Mix in sugar, pumpkin and apple sauce.
- In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves.
- Add flour mixture to pumpkin mixture; stir until smooth.
- Pour batter into prepared pan.
- Bake in preheated oven for 65 to 70 minutes, until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:50.37, Inflammation Score:-10, Nutrition Score:13.134347770525%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 353.26kcal (17.66%), Fat: 1.79g (2.76%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 82.57g (27.52%), Net Carbohydrates: 78.82g (28.66%), Sugar: 53.35g (59.28%), Cholesterol: 0mg (0%), Sodium: 513.8mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin A: 6362.68IU (127.25%), Manganese: 0.7mg (35.02%), Selenium: 14.68µg (20.96%), Vitamin B1: 0.31mg (20.38%), Folate: 61.47µg (15.37%), Fiber: 3.75g (15%), Iron: 2.38mg (13.24%), Vitamin B2: 0.19mg (11.18%), Vitamin B3: 2.22mg (11.09%), Phosphorus: 92.05mg (9.2%), Magnesium: 35.36mg (8.84%), Copper: 0.15mg (7.71%), Vitamin K: 7.17µg (6.83%), Potassium: 176.05mg (5.03%), Calcium: 48.7mg (4.87%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.56mg (3.76%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 1.95mg (2.36%)