



Pumpkin Gingerbread



Vegetarian



Dairy Free



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves

- ☐ 2 teaspoons ground ginger
- ☐ 1.5 teaspoons salt
- ☐ 3 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 0.7 cup water

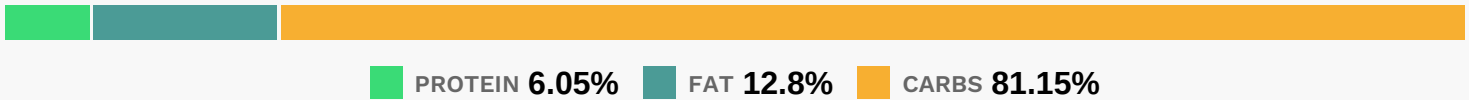
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ In a large mixing, combine sugar, oil and eggs; beat until smooth.
- ☐ Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.
- ☐ In medium bowl, combine flour, soda, salt, and baking powder.
- ☐ Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
- ☐ Bake in preheated oven until toothpick comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:55.09, Inflammation Score:-10, Nutrition Score:13.327391391215%

Nutrients (% of daily need)

Calories: 392.86kcal (19.64%), Fat: 5.7g (8.76%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 81.24g (27.08%), Net Carbohydrates: 79g (28.73%), Sugar: 51.24g (56.93%), Cholesterol: 54.56mg (18.19%), Sodium: 515.93mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin A: 5596IU (111.92%), Manganese: 0.55mg

(27.68%), Selenium: 17.51µg (25.02%), Vitamin B1: 0.3mg (20.08%), Folate: 78.02µg (19.5%), Vitamin B2: 0.28mg (16.29%), Iron: 2.6mg (14.44%), Vitamin K: 12.8µg (12.19%), Vitamin B3: 2.34mg (11.68%), Fiber: 2.24g (8.96%), Phosphorus: 85.5mg (8.55%), Vitamin E: 0.87mg (5.78%), Copper: 0.11mg (5.53%), Vitamin B5: 0.53mg (5.29%), Magnesium: 19.59mg (4.9%), Potassium: 141.9mg (4.05%), Calcium: 37.97mg (3.8%), Zinc: 0.53mg (3.55%), Vitamin B6: 0.06mg (3.21%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.56mg (1.89%)