



Pumpkin-Honey Beer Quick Bread

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.7 cup honey beer at room temperature ()
- ☐ 15 ounce pumpkin canned
- ☐ 0.7 cup canola oil
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 3.3 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 2 teaspoons salt
- ☐ 2.5 cups sugar
- ☐ 0.5 cup water

Equipment

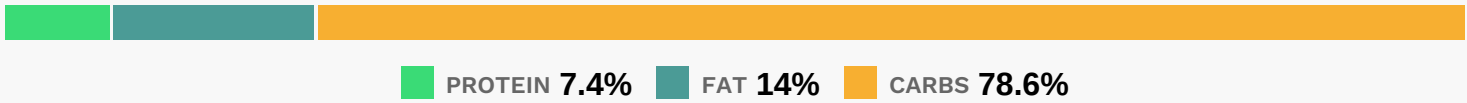
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, salt, and next 4 ingredients (through pumpkin pie spice) in a medium bowl; stir with a whisk.
- ☐ Combine 1/2 cup water and flaxseed.
- ☐ Place sugar and next 4 ingredients (through eggs) in a large bowl; beat with a mixer at medium-high speed until well blended.
- ☐ Add flaxseed mixture and pumpkin; beat at low speed just until blended.
- ☐ Add flour mixture; beat just until combined. Divide batter between 2 (9 x 5inch) loaf pans coated with cooking spray.

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

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:41.21, Inflammation Score:-10, Nutrition Score:12.626086862191%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 312.81kcal (15.64%), Fat: 4.92g (7.57%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 59.39g (21.6%), Sugar: 36.99g (41.11%), Cholesterol: 26.57mg (8.86%), Sodium: 550.6mg (23.94%), Alcohol: 0.44g (100%), Alcohol %: 0.38% (100%), Protein: 5.85g (11.7%), Vitamin A: 4785.83IU (95.72%), Selenium: 16.96µg (24.23%), Vitamin B1: 0.31mg (20.77%), Manganese: 0.39mg (19.55%), Folate: 65.51µg (16.38%), Vitamin B2: 0.24mg (14.2%), Iron: 2.38mg (13.2%), Fiber: 2.8g (11.21%), Vitamin B3: 2.02mg (10.11%), Phosphorus: 94.84mg (9.48%), Magnesium: 31.57mg (7.89%), Copper: 0.13mg (6.68%), Vitamin K: 6.76µg (6.43%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.54mg (5.43%), Calcium: 52.68mg (5.27%), Potassium: 158.14mg (4.52%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.08mg (3.87%), Vitamin D: 0.28µg (1.87%), Vitamin C: 1.38mg (1.67%), Vitamin B12: 0.09µg (1.58%)