



Pumpkin Marmalade Bread

 Dairy Free

READY IN



230 min.

SERVINGS



24

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup granulated sugar
- ☐ 4.5 teaspoons pumpkin pie spice
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 4 eggs

- ☐ 1.3 cups pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup orange marmalade
- ☐ 3 tablespoons orange juice
- ☐ 2 tablespoons orange marmalade
- ☐ 1 tablespoon orange juice

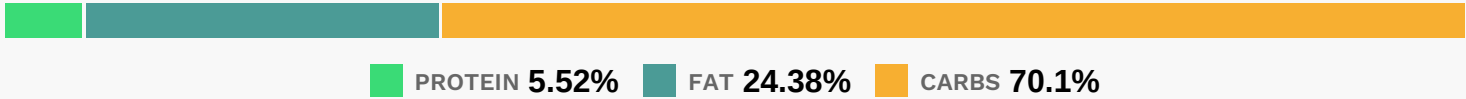
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of one 9x5-inch loaf pan or two 8x4-inch loaf pans with shortening. In medium bowl, mix flour, sugars, pumpkin pie spice, baking powder, cinnamon and salt; set aside.
- ☐ In large bowl, beat eggs, pumpkin, butter, 1/3 cup marmalade and 3 tablespoons orange juice with electric mixer on medium speed until blended. On low speed, gradually beat in flour mixture.
- ☐ Spread in pan.
- ☐ Bake 9-inch pan 1 hour 10 minutes to 1 hour 15 minutes, 8-inch pans 45 to 48 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to cooling rack.
- ☐ In small bowl, mix glaze ingredients.
- ☐ Spread glaze over warm loaf. Cool completely, about 2 hours. Store tightly wrapped in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:11.08, Inflammation Score:-7, Nutrition Score:4.9656521522481%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.9kcal (8.5%), Fat: 4.71g (7.25%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 28.86g (10.49%), Sugar: 16.9g (18.78%), Cholesterol: 27.28mg (9.09%), Sodium: 154.11mg (6.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.4g (4.8%), Vitamin A: 1386.29IU (27.73%), Manganese: 0.22mg (10.75%), Selenium: 6.58µg (9.39%), Folate: 31.42µg (7.86%), Vitamin B1: 0.1mg (6.73%), Vitamin B2: 0.11mg (6.7%), Fiber: 1.62g (6.49%), Iron: 1.01mg (5.6%), Calcium: 46.12mg (4.61%), Phosphorus: 44.29mg (4.43%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.34mg (3.43%), Vitamin C: 2.3mg (2.79%), Vitamin B6: 0.05mg (2.36%), Copper: 0.04mg (2.21%), Magnesium: 7.55mg (1.89%), Potassium: 64.08mg (1.83%), Vitamin E: 0.24mg (1.63%), Zinc: 0.23mg (1.54%), Vitamin B12: 0.07µg (1.17%)