



Pumpkin-Oat Bread With Walnut Streusel Topping

READY IN



45 min.

SERVINGS



16

CALORIES



132 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup pumpkin canned
- 0.8 cup brown sugar dark packed
- 1 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.3 cup buttermilk low-fat
- 1 cup quick-cooking oats
- 0.5 teaspoon salt
- 16 servings streusel topping
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil

Equipment

- bowl
- oven
- knife
- loaf pan
- measuring cup

Directions

- Prepare Streusel Topping; set aside.
- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 7 ingredients in a medium bowl; make a well in center of mixture.
- Combine pumpkin and next 4 ingredients; add to flour mixture, stirring just until moist.
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Top with Streusel Topping; lightly spray topping with cooking spray.
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



PROTEIN 8.03% **FAT 17.8%** **CARBS 74.17%**

Properties

Glycemic Index:19.19, Glycemic Load:8.54, Inflammation Score:-9, Nutrition Score:6.6239130380361%

Nutrients (% of daily need)

Calories: 132.31kcal (6.62%), Fat: 2.66g (4.09%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 23.59g (8.58%), Sugar: 11.25g (12.5%), Cholesterol: 11.84mg (3.94%), Sodium: 162.15mg (7.05%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.7g (5.4%), Vitamin A: 2402.73IU (48.05%), Manganese: 0.36mg (17.77%), Selenium: 6.97µg (9.96%), Vitamin B1: 0.13mg (8.43%), Folate: 26.8µg (6.7%), Iron: 1.2mg (6.68%), Phosphorus: 64.36mg (6.44%), Vitamin B2: 0.1mg (5.61%), Magnesium: 22.41mg (5.6%), Vitamin K: 5.85µg (5.57%), Calcium: 55.48mg (5.55%), Fiber: 1.34g (5.35%), Vitamin B3: 0.81mg (4.06%), Copper: 0.06mg (3.21%), Vitamin E: 0.41mg (2.72%), Potassium: 91.78mg (2.62%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.23mg (2.26%), Vitamin B6: 0.03mg (1.53%)