



Pumpkin-Orange Spice Loaf

READY IN



45 min.

SERVINGS



12

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup pumpkin canned
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup stick margarine softened
- ☐ 1 cup sugar
- ☐ 0.5 cup flour whole-wheat

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and the next 6 ingredients (flours through cloves) in a large bowl; make a well in center of mixture.
- ☐ Combine the sugar and remaining ingredients except cooking spray in a bowl, and stir with a whisk.
- ☐ Add to flour mixture; stir just until moist.
- ☐ Pour batter into an 8-inch loaf pan 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 in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



 PROTEIN 7%  FAT 21.65%  CARBS 71.35%

Properties

Glycemic Index:27.28, Glycemic Load:20.87, Inflammation Score:-9, Nutrition Score:8.8178261673969%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.89kcal (9.69%), Fat: 4.78g (7.36%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.69g (12.25%), Sugar: 18.34g (20.38%), Cholesterol: 15.81mg (5.27%), Sodium: 271.56mg (11.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin A: 3410.78IU (68.22%), Manganese: 0.43mg (21.31%), Selenium: 10.1µg (14.43%), Vitamin B1: 0.17mg (11.06%), Folate: 37.19µg (9.3%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 78.04mg (7.8%), Iron: 1.39mg (7.74%), Fiber: 1.77g (7.07%), Calcium: 70.23mg (7.02%), Vitamin B3: 1.29mg (6.47%), Vitamin C: 4.14mg (5.02%), Magnesium: 18.06mg (4.52%), Copper: 0.07mg (3.66%), Vitamin K: 3.56µg (3.39%), Potassium: 115.73mg (3.31%), Vitamin E: 0.47mg (3.14%), Vitamin B5: 0.3mg (2.98%), Vitamin B6: 0.06mg (2.79%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.2µg (1.3%)