



HEALTH SCORE

73%

Pumpkin-Pecan Bread



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



5495 kcal

BREAD

Ingredients

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

- ☐ 1 cups pecans toasted chopped
- ☐ 2 teaspoons salt
- ☐ 3 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 0.7 cup water

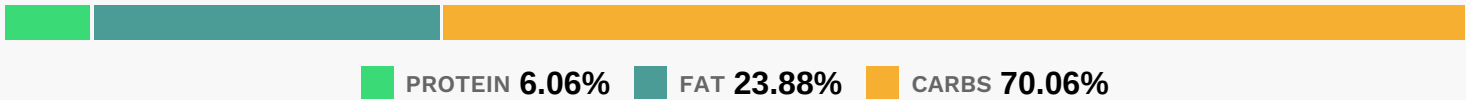
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat first 11 ingredients at low speed with an electric mixer 3 minutes or until blended.
- ☐ Add 2/3 cup water, beating until blended. Stir in pecans.
- ☐ Pour batter into 2 greased and floured 9- x 5-inch loafpans.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes; remove from pans, and cool completely on wire rack.
- ☐ NOTE: Bread may be frozen for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:245.09, Glycemic Load:661.44, Inflammation Score:-10, Nutrition Score:76.451304311338%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 5495.14kcal (274.76%), Fat: 149.55g (230.08%), Saturated Fat: 21.56g (134.76%), Carbohydrates: 987.14g (329.05%), Net Carbohydrates: 950.29g (345.56%), Sugar: 619.72g (688.58%), Cholesterol: 744mg (248%), Sodium: 7172.49mg (311.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.44g (170.89%), Vitamin A: 67341.92IU (1346.84%), Manganese: 9.68mg (484.09%), Selenium: 219.4µg (313.43%), Vitamin B1: 4.35mg (289.79%), Folate: 972.24µg (243.06%), Vitamin B2: 3.57mg (209.76%), Iron: 33.3mg (185.02%), Vitamin K: 155.99µg (148.56%), Fiber: 36.86g (147.43%), Vitamin B3: 28.94mg (144.71%), Phosphorus: 1328.1mg (132.81%), Copper: 2.65mg (132.5%), Magnesium: 361.79mg (90.45%), Vitamin E: 12.1mg (80.65%), Zinc: 11.51mg (76.76%), Vitamin B5: 7.64mg (76.36%), Potassium: 2126.69mg (60.76%), Vitamin B6: 1.01mg (50.7%), Calcium: 421.36mg (42.14%), Vitamin B12: 1.78µg (29.67%), Vitamin D: 4µg (26.67%), Vitamin C: 19.98mg (24.22%)