



## Pumpkin Pecan Cookie Butter Bread

READY IN



160 min.

SERVINGS



12

CALORIES



369 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups flour all-purpose
- 0.8 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup pumpkin puree canned
- 0.5 cup spiced cookie butter
- 0.5 cup granulated sugar
- 0.5 cup brown sugar light packed
- 0.3 cup milk
- 0.3 cup vegetable oil

- 2 teaspoons vanilla
- 2 eggs
- 1 cup pecans chopped
- 1 cup powdered sugar
- 2 teaspoons milk
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- loaf pan
- toothpicks
- aluminum foil
- spatula

## Directions

- Heat oven to 350°F. Grease bottom and sides of 8x4-inch loaf pan with shortening. Line pan with cooking parchment paper with two edges overhanging sides. Lightly grease paper.
- In large bowl, stir together flour, baking soda and salt. In medium bowl, stir together pumpkin, cookie butter, granulated sugar, brown sugar, 1/3 cup milk, the oil, 2 teaspoons vanilla and the eggs.
- Add wet ingredients to dry ingredients; stir with rubber spatula just until combined. Fold in pecans.
- Spread batter evenly in pan.
- Bake 1 hour to 1 hour 15 minutes or until toothpick inserted in center comes out mostly clean. If top browns too quickly during baking, cover with foil. Cool in pan on cooling rack 10 minutes.

- Remove from pan to cooling rack. Cool completely, about 1 hour.
- In small bowl, beat Glaze ingredients with whisk until smooth.
- Pour evenly over top of cooled bread.
- Let glaze set before slicing.

## Nutrition Facts



### Properties

Glycemic Index:19.26, Glycemic Load:17.49, Inflammation Score:-9, Nutrition Score:10.167391326116%

### Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

### Nutrients (% of daily need)

Calories: 368.59kcal (18.43%), Fat: 16.25g (25.01%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 49.85g (18.13%), Sugar: 31.88g (35.43%), Cholesterol: 28.19mg (9.4%), Sodium: 182.98mg (7.96%), Alcohol: 0.34g (100%), Alcohol %: 0.4% (100%), Protein: 5.05g (10.1%), Vitamin A: 3234.46IU (64.69%), Manganese: 0.59mg (29.64%), Vitamin B1: 0.24mg (15.71%), Selenium: 10.11µg (14.44%), Folate: 46.11µg (11.53%), Vitamin K: 12.04µg (11.47%), Vitamin B2: 0.17mg (10.25%), Iron: 1.69mg (9.37%), Copper: 0.17mg (8.63%), Fiber: 2.03g (8.11%), Phosphorus: 77.44mg (7.74%), Vitamin B3: 1.44mg (7.2%), Magnesium: 23.01mg (5.75%), Vitamin E: 0.81mg (5.39%), Zinc: 0.72mg (4.83%), Vitamin B5: 0.4mg (4.05%), Potassium: 137.19mg (3.92%), Calcium: 36.22mg (3.62%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.23µg (1.54%), Vitamin C: 0.96mg (1.16%)