



Pumpkin-Pistachio Breakfast Bread

READY IN



45 min.

SERVINGS



12

CALORIES



703 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups butter softened
- ☐ 1.5 cups pumpkin canned mashed
- ☐ 3 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons milk
- ☐ 12 servings pistachio topping
- ☐ 1 cup powdered sugar sifted
- ☐ 1 cup raisins
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1 1/2 cups sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour and next 6 ingredients in a large bowl; add to butter mixture alternately with pumpkin, beginning and ending with flour mixture. Stir in raisins and vanilla.
- ☐ Spread batter into a greased and floured 13" x 9" pan; sprinkle with Pistachio Topping.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.
- ☐ Beat cream cheese, powdered sugar, and milk in a small bowl until smooth, using a wire whisk. Using whisk, drizzle cream cheese mixture over cake.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:40.99, Inflammation Score:-10, Nutrition Score:19.576521733533%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 703.23kcal (35.16%), Fat: 39.81g (61.24%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 79.71g (26.57%), Net Carbohydrates: 74.16g (26.97%), Sugar: 38.47g (42.75%), Cholesterol: 53.96mg (17.99%), Sodium: 576.61mg (25.07%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 11.91g (23.82%), Vitamin A: 6064.66IU (121.29%), Manganese: 0.72mg (35.82%), Vitamin B1: 0.52mg (34.72%), Vitamin B6: 0.56mg (28%), Selenium: 17.51µg (25.01%), Phosphorus: 247.04mg (24.7%), Copper: 0.49mg (24.63%), Fiber: 5.55g (22.21%), Folate: 82.33µg (20.58%), Iron: 3.64mg (20.23%), Vitamin B2: 0.33mg (19.56%), Potassium: 529.33mg (15.12%), Magnesium: 55.34mg (13.84%), Vitamin E: 2.07mg (13.79%), Vitamin B3: 2.49mg (12.47%), Calcium: 112.59mg (11.26%), Zinc: 1.13mg (7.51%), Vitamin B5: 0.68mg (6.77%), Vitamin K: 5.3µg (5.05%), Vitamin C: 3.57mg (4.33%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.28µg (1.85%)