



Pumpkin Quinoa Bread



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



557 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.8 cup canola oil
- ☐ 1 cup quinoa cooked
- ☐ 0.5 cup cranberries dried
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup brown sugar light
- ☐ 0.8 teaspoon salt
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white
- ☐ 2.5 cups flour whole wheat

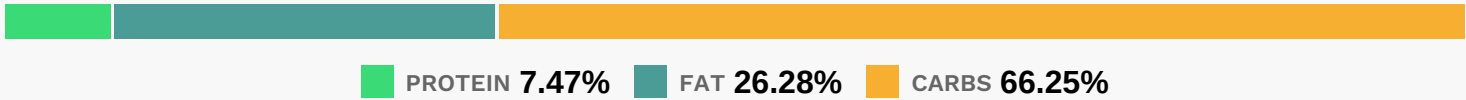
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5-inch loaf pan.
- ☐ Whisk pumpkin, brown sugar, white sugar, canola oil, and eggs together in a bowl until smooth. Sift flour, cinnamon, nutmeg, baking soda, baking powder, salt, allspice, and cloves together in a separate bowl. Stir flour mixture, a little at a time, into pumpkin mixture until batter is smooth; fold in quinoa, walnuts, and cranberries.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in the preheated oven until top of loaf springs back when lightly touched, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:20.08, Inflammation Score:-10, Nutrition Score:22.993043588555%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 556.58kcal (27.83%), Fat: 17.12g (26.34%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 97.09g (32.36%), Net Carbohydrates: 89.25g (32.45%), Sugar: 59.76g (66.4%), Cholesterol: 61.38mg (20.46%), Sodium: 397.95mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin A: 8370.99IU (167.42%), Manganese: 2.42mg (121.16%), Selenium: 30.37µg (43.38%), Fiber: 7.84g (31.35%), Phosphorus: 281.79mg (28.18%), Magnesium: 107.47mg (26.87%), Copper: 0.52mg (26.18%), Iron: 3.48mg (19.33%), Vitamin B1: 0.28mg (18.96%), Vitamin B6: 0.33mg (16.66%), Vitamin E: 2.16mg (14.41%), Folate: 55.23µg (13.81%), Zinc: 2.02mg (13.43%), Vitamin B2: 0.22mg (12.99%), Vitamin K: 13.49µg (12.85%), Vitamin B3: 2.41mg (12.05%), Potassium: 418.11mg (11.95%), Calcium: 104.58mg (10.46%), Vitamin B5: 0.83mg (8.29%), Vitamin C: 2.5mg (3.04%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)