



## Pumpkin Spice Bread

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



673 kcal

BREAD

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 15 ounce pumpkin puree canned
- 2 large eggs
- 1 cup flour all-purpose plus more for prepping pan
- 1 tablespoon ginger fresh grated
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.3 cup brown sugar dark light

- 0.8 cup roasted pumpkin seeds
- 0.5 teaspoon salt
- 0.3 cup sugar
- 6 tablespoons butter unsalted melted plus more for greasing pan
- 1 cup milk whole
- 0.5 cup flour whole-wheat

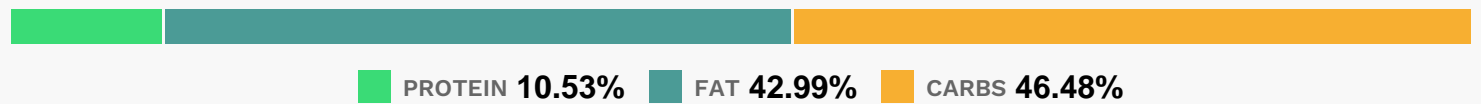
## Equipment

- oven
- whisk

## Directions

- Preheat oven to 350 degrees F.
- Have 4 (3 by 5 1/2 by 2-inch) bread pans greased and floured.
- Whisk together the flours, sugars, baking powder, salt, cinnamon, and nutmeg and set aside. Beat the eggs, then add the milk, butter, pumpkin, and ginger.
- Whisk to combine well.
- Combine the wet and dry ingredients and fold in 1/2 the pumpkin seeds. Divide the batter among the 4 pans and top with the remaining pumpkin seeds.
- Bake about 45 to 50 minutes or until the top is browned and cracked.

## Nutrition Facts



## Properties

Glycemic Index:91.27, Glycemic Load:30.7, Inflammation Score:-10, Nutrition Score:30.248260891956%

## Nutrients (% of daily need)

Calories: 672.5kcal (33.63%), Fat: 33.36g (51.32%), Saturated Fat: 14.93g (93.33%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 73.83g (26.85%), Sugar: 37.06g (41.18%), Cholesterol: 145.47mg (48.49%), Sodium: 683.89mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.79%), Vitamin A: 17308.6IU (346.17%),

Manganese: 2.09mg (104.72%), Phosphorus: 557.18mg (55.72%), Magnesium: 187.73mg (46.93%), Selenium: 31.72µg (45.31%), Iron: 6.14mg (34.1%), Calcium: 307.41mg (30.74%), Fiber: 7.33g (29.31%), Vitamin B2: 0.48mg (28.2%), Vitamin B1: 0.41mg (27.22%), Copper: 0.54mg (27.03%), Folate: 102.09µg (25.52%), Zinc: 3.1mg (20.66%), Vitamin B3: 4.09mg (20.44%), Vitamin K: 20.27µg (19.3%), Potassium: 641.75mg (18.34%), Vitamin E: 2.17mg (14.48%), Vitamin B5: 1.44mg (14.36%), Vitamin B6: 0.25mg (12.32%), Vitamin D: 1.49µg (9.91%), Vitamin B12: 0.59µg (9.79%), Vitamin C: 4.98mg (6.03%)