



Pumpkin Spice Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



869 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup pumpkin unsweetened canned

- ☐ 1.3 cups sugar
- ☐ 0.3 plus

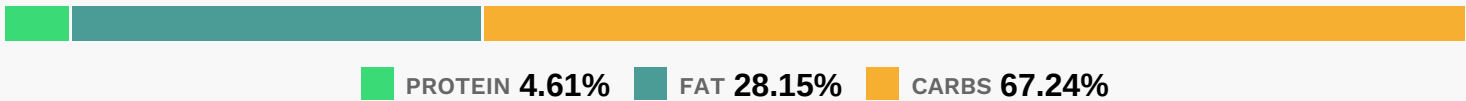
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Grease and flour an 8 1/2- x 4 1/2-inch loafpan. Sift together first 5 ingredients; stir in kosher salt.
- ☐ Combine sugar, oil, and pumpkin in a large bowl; beat at medium speed with an electric mixer until smooth.
- ☐ Add egg, beating until well blended. Gradually add dry ingredients, beating at low speed until blended.
- ☐ Transfer batter to prepared pan.
- ☐ Bake at 350 for 1 hour 5 minutes or until loaf is golden and a wooden pick inserted in center comes out clean.
- ☐ Let cool in pan on a wire rack 15 minutes; remove from pan.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:50.03, Glycemic Load:100.4, Inflammation Score:-10, Nutrition Score:21.559130399123%

Nutrients (% of daily need)

Calories: 868.87kcal (43.44%), Fat: 27.7g (42.62%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 148.88g (49.63%), Net Carbohydrates: 144.3g (52.47%), Sugar: 91.68g (101.86%), Cholesterol: 62mg (20.67%), Sodium: 427.68mg (18.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.43%), Vitamin A: 12801.58IU (256.03%), Selenium: 29.64µg (42.35%), Manganese: 0.85mg (42.33%), Vitamin B1: 0.57mg (38.12%), Vitamin E: 5.46mg (36.43%), Folate: 144.81µg (36.2%), Vitamin K: 31.46µg (29.97%), Vitamin B2: 0.48mg (28.3%), Iron: 4.79mg (26.6%), Vitamin B3: 4.44mg (22.19%), Fiber: 4.59g (18.36%), Phosphorus: 137.36mg (13.74%), Copper: 0.21mg (10.44%), Magnesium: 37.15mg (9.29%), Vitamin B5: 0.89mg (8.9%), Potassium: 273.38mg (7.81%), Zinc: 0.87mg (5.79%), Vitamin B6: 0.11mg (5.36%), Calcium: 48.15mg (4.81%), Vitamin C: 3.45mg (4.18%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)