



Pumpkin Spice Bread



Vegetarian



Dairy Free

READY IN



130 min.

SERVINGS



32

CALORIES



138 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 4 eggs lightly beaten
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 2 teaspoons ground nutmeg
- ☐ 1 teaspoon salt
- ☐ 16 ounce solid pack pumpkin canned
- ☐ 0.5 cup water
- ☐ 2 cups sugar white

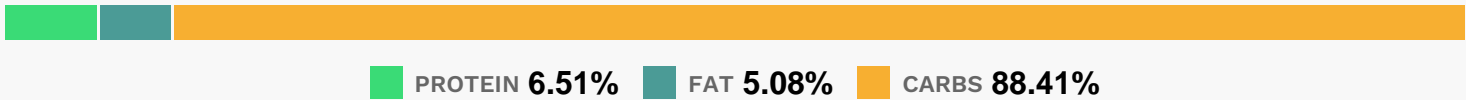
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 9-inch loaf pans.
- ☐ Mix white sugar, brown sugar, and eggs in a large bowl; stir in pumpkin and mix well.
- ☐ Combine flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves, and allspice in a bowl; add alternately with water to pumpkin mixture.
- ☐ Pour into prepared loaf pans.
- ☐ Bake in preheated oven until golden and a toothpick inserted into the center comes out clean, 60 to 65 minutes. Cool in pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.22, Glycemic Load:16.32, Inflammation Score:-8, Nutrition Score:5.1882608999377%

Nutrients (% of daily need)

Calories: 137.95kcal (6.9%), Fat: 0.79g (1.22%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 30.16g (10.97%), Sugar: 19.71g (21.9%), Cholesterol: 20.46mg (6.82%), Sodium: 124.69mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin A: 2236.6IU (44.73%), Selenium: 6.55µg (9.35%), Manganese: 0.17mg (8.35%), Vitamin B1: 0.11mg (7.57%), Folate: 29.51µg (7.38%), Vitamin B2: 0.1mg (6.05%), Iron: 1.01mg (5.63%), Vitamin B3: 0.88mg (4.38%), Fiber: 0.9g (3.59%), Phosphorus: 32.71mg (3.27%), Vitamin K: 2.41µg (2.29%), Copper: 0.05mg (2.29%), Vitamin B5: 0.21mg (2.11%), Calcium: 20.57mg (2.06%), Magnesium: 8.07mg (2.02%), Potassium: 62.79mg (1.79%), Vitamin E: 0.22mg (1.48%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.34%)