



Pumpkin Streusel Bread

READY IN



45 min.

SERVINGS



16

CALORIES



205 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin canned
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup honey

- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons stick margarine chilled cut into small pieces
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

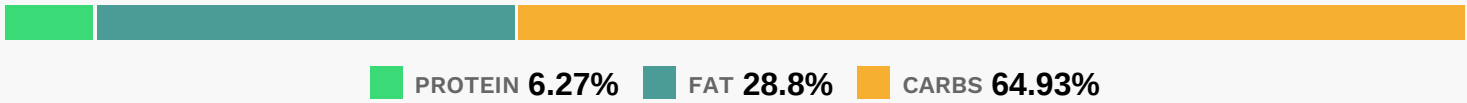
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare topping, combine first 4 ingredients until crumbly. Set the mixture aside.
- ☐ To prepare bread, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 7 ingredients (flour through nutmeg) in a large bowl; stir well with a whisk. Make a well in center of mixture.
- ☐ Combine the pumpkin and next 5 ingredients (pumpkin through eggs) in a bowl; add to flour mixture. Stir just until moist. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with topping.

Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:20.52, Inflammation Score:-9, Nutrition Score:7.1330435146456%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 204.6kcal (10.23%), Fat: 6.74g (10.37%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 32.74g (11.9%), Sugar: 17.66g (19.62%), Cholesterol: 23.71mg (7.9%), Sodium: 244.11mg (10.61%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.3g (6.6%), Vitamin A: 2471.72IU (49.43%), Manganese: 0.29mg (14.28%), Selenium: 7.76µg (11.09%), Vitamin B1: 0.15mg (9.93%), Folate: 35.02µg (8.75%), Vitamin B2: 0.15mg (8.67%), Vitamin K: 8.97µg (8.55%), Iron: 1.28mg (7.12%), Fiber: 1.44g (5.77%), Phosphorus: 54.77mg (5.48%), Vitamin B3: 1.08mg (5.4%), Copper: 0.08mg (4.22%), Vitamin E: 0.59mg (3.95%), Potassium: 127.07mg (3.63%), Magnesium: 13.05mg (3.26%), Vitamin B5: 0.3mg (2.97%), Calcium: 28.99mg (2.9%), Zinc: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.03mg (1.25%)