

Sara's Awesome Pumpkin Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 3 eggs beaten
- 3 cups flour all-purpose
- 2 teaspoons pumpkin pie spice
- 2 cups pumpkin puree
- 1 teaspoon salt
- 0.7 cup vegetable oil

2 cups sugar white

Equipment

oven

loaf pan

toothpicks

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans.

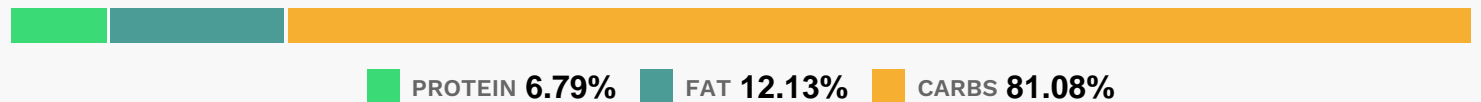
Mix together flour, sugar, baking soda, pie spice, salt and baking powder.

Add pumpkin, oil and eggs; mix well.

Pour into loaf pans and bake for 1 hour or until inserted toothpick comes out clean.

Allow to cool for 15 minutes before removing from pans.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:30.42, Inflammation Score:-10, Nutrition Score:9.7930436548979%

Nutrients (% of daily need)

Calories: 220.75kcal (11.04%), Fat: 3.03g (4.66%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 43.97g (15.99%), Sugar: 26.07g (28.97%), Cholesterol: 30.69mg (10.23%), Sodium: 309.49mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 4811.37IU (96.23%), Selenium: 10.78µg (15.39%), Vitamin B1: 0.19mg (13%), Folate: 50.5µg (12.63%), Manganese: 0.25mg (12.44%), Vitamin B2: 0.18mg (10.3%), Iron: 1.73mg (9.64%), Vitamin K: 8.41µg (8.01%), Vitamin B3: 1.51mg (7.54%), Fiber: 1.56g (6.23%), Phosphorus: 55.4mg (5.54%), Vitamin E: 0.58mg (3.86%), Copper: 0.08mg (3.78%), Vitamin B5: 0.35mg (3.52%), Magnesium: 13.57mg (3.39%), Potassium: 101.76mg (2.91%), Calcium: 25.49mg (2.55%), Zinc: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.12%), Vitamin C: 1.34mg (1.63%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)