



Spiced Pumpkin Bread

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



3

CALORIES



1970 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon baking soda
- 1 cup butter melted
- 2 eggs
- 4 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground nutmeg

- 1 cup brown sugar light
- 3 cups pumpkin puree
- 0.5 teaspoon salt
- 1 tablespoon vanilla extract
- 1.5 cups sugar white

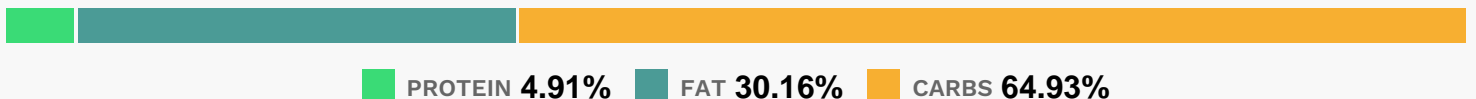
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix white sugar, brown sugar, and melted butter together in a large bowl. Stir in eggs and vanilla extract; mix in pumpkin until thoroughly combined.
- Whisk flour, cinnamon, baking powder, baking soda, nutmeg, cloves, and salt together in a separate bowl.
- Mix flour mixture into pumpkin mixture until incorporated.
- Pour batter into three 5x9-inch loaf pans. Smooth batter evenly in each pan.
- Bake in the preheated oven until a toothpick inserted in the middle of each loaf comes out clean, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:120.7, Glycemic Load:163.06, Inflammation Score:-10, Nutrition Score:46.160000106563%

Nutrients (% of daily need)

Calories: 1970.3kcal (98.51%), Fat: 67.15g (103.31%), Saturated Fat: 40.63g (253.95%), Carbohydrates: 325.3g (108.43%), Net Carbohydrates: 310.61g (112.95%), Sugar: 180.48g (200.54%), Cholesterol: 271.8mg (90.6%), Sodium: 2473.24mg (107.53%), Alcohol: 1.49g (100%), Alcohol %: 0.27% (100%), Protein: 24.61g (49.23%), Vitamin A: 40195.61IU (803.91%), Manganese: 2.72mg (136.18%), Selenium: 68.94µg (98.48%), Vitamin B1: 1.39mg (92.48%), Folate: 352.1µg (88.03%), Iron: 13.19mg (73.28%), Vitamin B2: 1.14mg (67.17%), Fiber: 14.7g (58.79%), Vitamin B3: 10.98mg (54.88%), Calcium: 477.68mg (47.77%), Vitamin K: 47.22µg (44.97%), Phosphorus: 438mg (43.8%), Vitamin E: 4.91mg (32.76%), Copper: 0.59mg (29.74%), Magnesium: 111.54mg (27.89%), Potassium: 877.22mg (25.06%), Vitamin B5: 2.36mg (23.62%), Vitamin B6: 0.3mg (15.23%), Zinc: 2.19mg (14.58%), Vitamin C: 10.51mg (12.74%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.59µg (3.91%)