



## Spiced Pumpkin Bread

 Vegetarian

READY IN



80 min.

SERVINGS



32

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup butter softened
- 2 cups pumpkin puree canned
- 4 eggs
- 3.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.8 teaspoon ground cloves

- 2 tablespoons blackstrap molasses
- 0.7 cup orange juice
- 1 cup pecans chopped
- 1 cup raisins
- 1 teaspoon salt
- 2 cups sugar
- 1.5 teaspoons vanilla extract

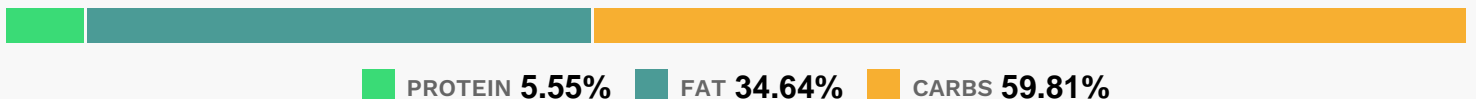
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- In a bowl, cream butter and sugar.
- Add the eggs, one at a time, beating well after each addition.
- Add the pumpkin, orange juice, molasses and vanilla.
- Combine dry ingredients; add to the creamed mixture and mix until blended. Stir in remaining ingredients.
- Pour into two greased and floured 9-in. x 5-in. loaf pans.
- Bake at 350° for 65–75 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from the pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:14.28, Glycemic Load:18.56, Inflammation Score:-9, Nutrition Score:6.906086973522%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 190.53kcal (9.53%), Fat: 7.54g (11.61%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 27.82g (10.12%), Sugar: 14.57g (16.19%), Cholesterol: 31.9mg (10.63%), Sodium: 165.23mg (7.18%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.72g (5.44%), Vitamin A: 2558.24IU (51.16%), Manganese: 0.34mg (16.93%), Selenium: 6.68µg (9.55%), Vitamin B1: 0.14mg (9.41%), Folate: 30.86µg (7.72%), Vitamin B2: 0.12mg (6.85%), Iron: 1.22mg (6.77%), Fiber: 1.49g (5.96%), Copper: 0.1mg (5.17%), Phosphorus: 48.53mg (4.85%), Vitamin B3: 0.96mg (4.78%), Vitamin C: 3.51mg (4.26%), Magnesium: 16.44mg (4.11%), Potassium: 135.59mg (3.87%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.26mg (2.6%), Calcium: 25.53mg (2.55%), Vitamin B6: 0.05mg (2.51%), Zinc: 0.37mg (2.44%)