



Spicy Pumpkin Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 15 ounce pumpkin canned
- ☐ 2 large eggs
- ☐ 0.8 cup milk fat-free
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup walnuts chopped

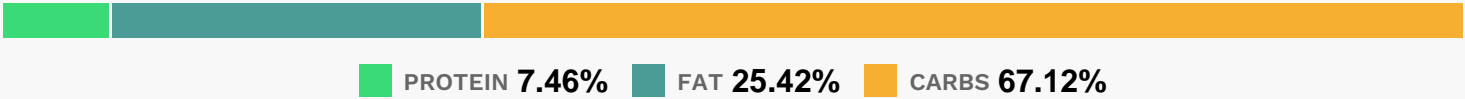
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 7 ingredients (flour through cloves) in a large bowl; make a well in center of mixture.
- ☐ Combine sugar and the next 5 ingredients (sugar through pumpkin) in a bowl, and stir well with a whisk until smooth.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray, and sprinkle with walnuts.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely; cut each loaf into 12 slices.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:7.3956521179365%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 166.89kcal (8.34%), Fat: 4.76g (7.33%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.08g (9.85%), Sugar: 13g (14.45%), Cholesterol: 15.73mg (5.24%), Sodium: 144.8mg (6.3%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.14g (6.29%), Vitamin A: 2796.81IU (55.94%), Manganese: 0.26mg (13.04%), Selenium: 7.92µg (11.31%), Vitamin B1: 0.16mg (10.62%), Folate: 39.42µg (9.86%), Vitamin K: 8.6µg (8.19%), Vitamin B2: 0.13mg (7.75%), Iron: 1.36mg (7.54%), Vitamin B3: 1.19mg (5.96%), Phosphorus: 56.13mg (5.61%), Calcium: 52.99mg (5.3%), Fiber: 1.21g (4.84%), Copper: 0.08mg (4.1%), Magnesium: 13.73mg (3.43%), Vitamin E: 0.51mg (3.38%), Potassium: 100.48mg (2.87%), Vitamin B5: 0.27mg (2.68%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.08µg (1.36%), Vitamin D: 0.17µg (1.12%)