




Super Moist Pumpkin Bread

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



90 min.

SERVINGS



8

CALORIES



723 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.7 cup coconut or flaked
- 0.7 cup coconut milk
- 2 cups brown sugar dark packed
- 3.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 cups pumpkin puree

- 1 teaspoon salt
- 1 cup vegetable oil
- 1 cup walnuts chopped
- 0.7 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- wire rack
- loaf pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans.
- Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool.
- In a large bowl, stir together the flour, brown sugar, white sugar, baking soda, salt, nutmeg, and cinnamon.
- Add the pumpkin puree, oil, and coconut milk, and mix until all of the flour is absorbed. Fold in the flaked coconut and toasted walnuts. Divide the batter evenly between the prepared pans.
- Bake for 1 hour and 15 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean.
- Remove from oven, and cover loaves tightly with foil. Allow to steam for 10 minutes.
- Remove foil, and turn out onto a cooling rack. Tent loosely with the foil, and allow to cool completely.

Nutrition Facts



■ PROTEIN 5.1% ■ FAT 29.5% ■ CARBS 65.4%

Properties

Glycemic Index:42.14, Glycemic Load:42.6, Inflammation Score:-10, Nutrition Score:21.446956427201%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 722.97kcal (36.15%), Fat: 24.43g (37.58%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 121.88g (40.63%), Net Carbohydrates: 116.24g (42.27%), Sugar: 73.13g (81.26%), Cholesterol: 0mg (0%), Sodium: 589.45mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Vitamin A: 9536.62IU (190.73%), Manganese: 1.41mg (70.6%), Vitamin B1: 0.5mg (33.55%), Folate: 125.8µg (31.45%), Selenium: 21.59µg (30.84%), Iron: 5.11mg (28.4%), Copper: 0.51mg (25.31%), Fiber: 5.64g (22.55%), Vitamin B2: 0.34mg (19.75%), Vitamin K: 20.52µg (19.54%), Vitamin B3: 3.85mg (19.24%), Magnesium: 69.9mg (17.48%), Phosphorus: 166.75mg (16.67%), Potassium: 405.12mg (11.57%), Calcium: 93.91mg (9.39%), Vitamin B6: 0.19mg (9.35%), Vitamin E: 1.27mg (8.47%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.73mg (7.27%), Vitamin C: 3.08mg (3.73%)