



Sweet Dairy-Free Pumpkin Bread



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



1570 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 0.7 cup olive oil pure
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.7 cup water
- ☐ 2 cups sugar white
- ☐ 1 cup brown sugar

- ☐ 3.5 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger

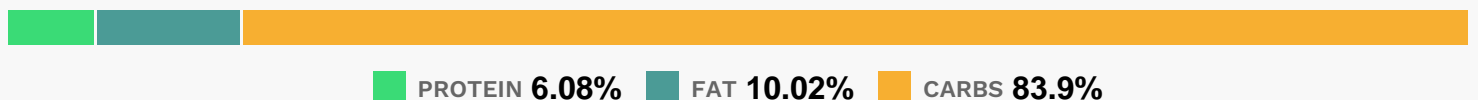
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat your oven to 350°F. Spray three 7x3-inch loaf pans bread pans with olive oil cooking spray.
- ☐ In a large bowl, mix together pumpkin puree, eggs, olive oil, molasses, vanilla water, and sugars until well blended.
- ☐ In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger.
- ☐ Stir the dry ingredients into the pumpkin mixture until just blended.
- ☐ Pour into the prepared pans.
- ☐ Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:88.03, Glycemic Load:175.93, Inflammation Score:-10, Nutrition Score:39.340000028196%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 1569.58kcal (78.48%), Fat: 17.74g (27.29%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 334.27g (111.42%), Net Carbohydrates: 325.59g (118.4%), Sugar: 214.86g (238.73%), Cholesterol: 218.24mg (72.75%), Sodium: 2014.07mg (87.57%), Alcohol: 0.46g (100%), Alcohol %: 0.09% (100%), Protein: 24.2g (48.41%), Vitamin A: 22380.21IU (447.6%), Selenium: 71.04µg (101.48%), Manganese: 1.77mg (88.71%), Vitamin B1: 1.21mg (80.55%), Folate: 312.84µg (78.21%), Vitamin B2: 1.09mg (64.32%), Iron: 10.88mg (60.44%), Vitamin B3: 9.36mg (46.81%), Fiber: 8.68g (34.71%), Phosphorus: 330.83mg (33.08%), Vitamin K: 29.75µg (28.34%), Copper: 0.5mg (25.08%), Magnesium: 98.01mg (24.5%), Vitamin E: 3.63mg (24.22%), Vitamin B5: 2.26mg (22.61%), Potassium: 739.65mg (21.13%), Calcium: 180.19mg (18.02%), Vitamin B6: 0.32mg (16.14%), Zinc: 2.12mg (14.16%), Vitamin B12: 0.52µg (8.7%), Vitamin D: 1.17µg (7.82%), Vitamin C: 6mg (7.27%)