

Whole Grain Pumpkin Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1.5 cups brown sugar light packed
- 1.5 cups brown sugar light packed
- 16 ounces pumpkin puree canned (Libby's)
- 2 teaspoons cinnamon
- 2 eggs well beaten
- 2 cups flour
- 1 teaspoon ground cloves

- 0.5 cup blackstrap molasses
- 1 teaspoon nutmeg
- 1 cup oat bran
- 1 cup butter
- 0.3 cup pecans finely chopped
- 0.5 teaspoon salt
- 1 cup wheat bran
- 1 cup wheat germ
- 0.5 cup flour whole wheat

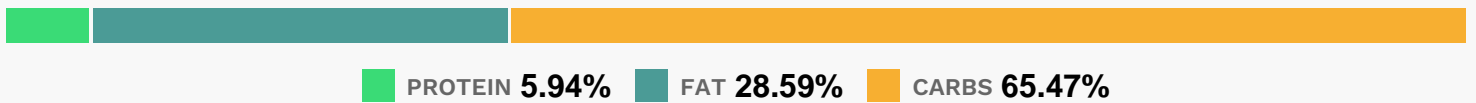
Equipment

- oven
- loaf pan

Directions

- Preheat oven to 375 degrees. Grease 2 loaf pans. Beat oil, brown sugar and molasses until well blended. Blend in egg and pumpkin. Stir flours, brans, wheat germ, soda, cinnamon, cloves, nutmeg and salt into mixture just until moistened. Fold in nuts. Fill pans and bake about 1 hour, until pick comes out clean. Cool on rack. Better if served the day after cooking.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:9.69, Inflammation Score:-9, Nutrition Score:14.439565217391%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

0.02mg

Taste

Sweetness: 100%, Saltiness: 12.31%, Sourness: 2.37%, Bitterness: 1.52%, Savoriness: 4.81%, Fattiness: 34.08%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 293.74kcal (14.69%), Fat: 9.95g (15.31%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 47.49g (17.27%), Sugar: 32.75g (36.39%), Cholesterol: 33.98mg (11.33%), Sodium: 218.26mg (9.49%), Protein: 4.65g (9.3%), Manganese: 1.65mg (82.59%), Vitamin A: 3199.25IU (63.99%), Selenium: 15.93µg (22.76%), Vitamin B1: 0.27mg (18.15%), Magnesium: 69.84mg (17.46%), Fiber: 3.77g (15.07%), Phosphorus: 144.28mg (14.43%), Iron: 2.31mg (12.82%), Folate: 43.01µg (10.75%), Vitamin B6: 0.2mg (9.75%), Copper: 0.19mg (9.59%), Potassium: 311.22mg (8.89%), Zinc: 1.23mg (8.19%), Vitamin B3: 1.63mg (8.15%), Vitamin B2: 0.14mg (8.02%), Calcium: 58.5mg (5.85%), Vitamin B5: 0.54mg (5.41%), Vitamin K: 4.19µg (3.99%), Vitamin E: 0.59mg (3.96%)