

Pumpkin Nut Bread

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 2 cups cooked, mashed pumpkin or 1 16-ounce can pumpkin
- 4 medium or large eggs
- 2 cups sugar
- 2/3 cup vegetable oil
- 2/3 cup water
- 3 1/3 cup flour
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 cup each raisins (or other dried fruit) and chopped nuts

Directions:

1. Preheat oven to 350 degrees F.
2. Oil and flour two 9 x 5 loaf pans.
3. Mix dry ingredients in a separate bowl. Add raisins and nuts to flour mixture. Add pumpkin mixture to flour mixture. Stir just until mixed.
4. Add half the mixture to each loaf pan. Bake for about an hour, or until a knife inserted in center comes out clean.
5. After the bread has cooled for about 15 minutes, it should come out of the pan easily. When completely cool, wrap bread in plastic.

Nutrition Facts

| | |
|--|------------------------------|
| Serving Size 1 slice (64g) | |
| Servings Per Container 32 | |
| Amount Per Serving | |
| Calories 190 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 25mg | 8% |
| Sodium 170mg | 7% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 2g | 8% |
| Sugars 17g | |
| Protein 3g | |
| Vitamin A 45% | • Vitamin C 0% |
| Calcium 2% | • Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Makes 2 loaves.
32 servings, 1 slice each.

Bright Ideas: Makes two loaves - when cool, wrap one loaf well and freeze for later.

Source: Janice Gregg, Linn and Benton County Extension Offices. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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