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Pumpkin Bread

Recipe courtesy Alton Brown

Prep Time: 20 min **Level:**
Inactive Prep Time: -- **Easy**
Cook Time: 1 hr 15 min **Serves:**
1 loaf or 1 1/2 dozen small muffins

Ingredients

wrapped 2 cups all-purpose flour
2 teaspoons cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups sugar
3/4 cup vegetable oil
3 large eggs
1 teaspoon vanilla extract
3 cups shredded fresh pumpkin
1 cup toasted pumpkin seeds

Directions

Preheat the oven to 325 degrees F.

Sift the flour, cinnamon, baking soda, baking powder, and salt together.

In a separate bowl, mix the sugar, vegetable oil, eggs, and vanilla. Combine both mixtures and fold in the shredded pumpkin and pumpkin seeds. Once the ingredients are all incorporated pour into a non-stick 9 by 5 by 3-inch loaf pan. If your pan is not non-stick coat it with butter and flour.

Bake for 1 hour and 15 minutes. At this point a knife inserted into the middle of the loaf should come out clean. Cool for 15 minutes and turn out onto a cooling rack. Cool completely. For muffins temperature should also be 325 degrees F., but bake for 30 minutes.

Calories: 205

Fat: 11 grams

Saturated Fat: 1 gram

Protein: 3 grams

Carbohydrates: 26 grams

Sugar: 12 grams

