

Pumpkin Bread

This flavorful whole grain-rich pumpkin bread is a nutritious and delicious treat perfect for breakfast, lunch or a snack.

CACFP Crediting Information:

1 piece provides 1 oz eq grains.



Preparation Time: 15 minutes

Cooking Time: 25 minutes

Makes: 6 servings

Ingredients

2 oz or ½ cup whole wheat flour
1 ¾ oz or ½ cup bread flour
½ tsp baking powder
½ tsp baking soda
¼ tsp salt
½ tsp ground cinnamon
½ tsp ground nutmeg
1 tsp ground ginger
4 oz canned pumpkin
¼ cup brown sugar
3 Tbsp or 1 oz vegetable oil
2 eggs
½ tsp vanilla extract

Directions

- 1 Preheat the oven to 350 °F for conventional or 325 °F for convection.
- 2 Combine flours, baking powder, baking soda, salt, cinnamon, nutmeg and ginger in a mixing bowl. Stir well. Set aside for step 5.
- 3 Combine the pumpkin, brown sugar, and oil in a medium mixing bowl and beat with a hand mixer at medium-high speed for 2 minutes.
- 4 Add eggs and vanilla, and continue beating on medium speed until the eggs are incorporated.
- 5 Add dry ingredients and mix on medium-low speed just until the dry ingredients are incorporated. Do not overmix.
- 6 Pour batter into a small square baking pan (8" x 8") sprayed lightly with a pan release spray.
- 7 Bake until golden brown.
Conventional oven: 350 °F for 30 minutes
Convection oven: 325 °F for 25 minutes.
- 8 Remove from oven. Let cool.
- 9 Portion: Cut into 6 pieces and serve 1 piece.

NUTRITION INFORMATION

For 1 piece

NUTRIENTS	AMOUNT
Calories	194
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	52 mg
Sodium	182 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars	N/A
Protein	5 g
Vitamin A	3256 IU
Vitamin C	1 mg
Calcium	45 mg
Iron	1 g

N/A=no information available

Source:

USDA Standardization Recipe Project - 2024

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.



Pumpkin Bread

This flavorful whole grain-rich pumpkin bread is a nutritious and delicious treat perfect for breakfast, lunch or a snack.

Preparation Time: 30 minutes

Cook Time: 35 minutes

CACFP Crediting Information:

1 piece (2" x 3 ¾") provides 1 oz eq grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7 ¾ oz	1 ¾ cups	15 ½ oz	3 ½ cups	1 Preheat the oven to 350 °F for conventional or 325 °F for convection. Combine flours, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a mixing bowl. Stir well. Set aside for step 4.
Enriched bread flour	7 ¼ oz	1 ½ cups 2 Tbsp	14 ½ oz	3 ¼ cups	
Baking powder		1 ½ tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	
Nutmeg, ground		2 tsp		1 Tbsp 1 tsp	
Ginger, ground		1 Tbsp		2 Tbsp	
Pumpkin, canned	15 oz	1 ¾ cup	1 lb 14 oz	3 ½ cups	2 Combine the pumpkin, brown sugar, and oil in the bowl of a stand mixer and beat with the paddle attachment at medium-high speed for 2 minutes.
Brown sugar	8 oz	1 cup	1 lb	2 cups	
Canola oil	6 oz	⅔ cup	12 oz	1 ⅓ cups	
Eggs, frozen whole eggs, thawed	8 oz	4 eggs	1 lb	8 eggs	3 Add eggs and vanilla, and continue beating on medium speed until the eggs are incorporated.
Vanilla extract		2 tsp		1 Tbsp 1 tsp	4 Add dry ingredients and mix on medium-low speed just until the dry ingredients are incorporated. Do not overmix.
					5 Pour batter (about 3 lb 5 oz or 1 qt 2 cups) into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 half steam table pan. For 50 servings, use 2 half steam table pans.
					6 Bake until golden brown: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.
					7 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾").



NUTRITION INFORMATION

For 1 piece (2" x 3 ¾")

NUTRIENTS	AMOUNT
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Calories	167
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Total Fat	7 g
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Saturated Fat	0 g
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Cholesterol	25 mg
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Sodium	149 mg
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Total Carbohydrate	23 g
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Dietary Fiber	2 g
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Total Sugars	9 g
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Added Sugars	N/A
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Protein	3 g
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Vitamin A	2702 IU
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Vitamin C	1 mg
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Calcium	36 mg
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Iron	1 mg
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N/A=no information available

NOTES

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

25 Servings	50 Servings
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About 3 lbs 5 oz	About 6 lbs 10oz
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About 1 qt 2 cups/1 half steam table pan (12" x 10" x 2 ½").	About 3 qt/2 half steam table pans (12" x 10" x 2 ½").
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Source:

USDA Standardized Recipes Project - 2024

