

# Low-Fat Pumpkin Bread

🕒 Cooking time: 45–60 minutes  
 HACCP Process #2 Same Day Service



**1 Serving Provides:**  
 CACFP: 1.25 ounce equivalents Grains  
 NSLP: 1.25 ounce equivalents Grains  
 SFSP: 1.25 ounce equivalents Grains

Ingredients	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Whole wheat flour	7 ounces	1½ cups	14 ounces	3 cups
Enriched all-purpose flour	6.6 ounces	1⅓ cups	13.2 ounces	2⅔ cups
Baking powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Baking soda		1 teaspoon		2 teaspoons
Cinnamon		1 teaspoon		2 teaspoons
Salt		½ teaspoon		1 teaspoon
Ground cloves		½ teaspoon		1 teaspoon
Ground ginger		¼ teaspoon		½ teaspoon
Nutmeg		¼ teaspoon		½ teaspoon
Eggs	7 ounces	4 large	14 ounces	8 large
Canned pumpkin	8.8 ounces	1 cup	1 pound 1.6 ounces	2 cups
Applesauce	9.5 ounces	1 cup	1 pound 3 ounces	2 cups
Brown sugar	6.2 ounces	¾ cup	12.4 ounces	1½ cups
Granulated sugar	5.7 ounces	¾ cup	11.4 ounces	1½ cups



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# Low-Fat Pumpkin Bread, continued

## Directions

1. Preheat the oven to 350° F. Lightly spray steamtable pan with pan-release spray. For 16 portions use a half-size 2-inch steamtable pan or one 8 ½ x 4 ½ loaf pan. For 32 portions use a full-size 2-inch steamtable pan or two 8 ½ x 4 ½ loaf pans.
2. In a mixing bowl combine flours, baking powder, baking soda, cinnamon, salt, cloves, ginger, and nutmeg.
3. In a separate bowl combine the eggs, pumpkin, applesauce, brown sugar, and granulated sugar. Mix until well combined. Add the dry ingredients to the wet ingredients and stir just until the dry ingredients become moistened. Be careful not to over mix.
4. Pour the batter into the prepared baking pan and spread into the corners. Bake in the preheated 350° F oven for about 45 minutes to 1 hour, or until a wooden pick inserted into the center of the loaf comes out clean.  
CCP: Heat to 165°F or higher for at least 15 seconds.
5. Remove from the oven and let cool. If using loaf pans, remove the bread from the pans after cooling for 10 minutes. Slice into equal portions and serve at room temperature. Bread may be wrapped in plastic or foil and stored for several days, or freeze for up to a month.

Serving	Yield	Volume
1 square (1/16 of half-size pan, 1/32 of full-size pan)	16 servings, about 3 pounds 4 ounces batter	16 servings, about 1 quart 3 cups batter
	32 servings, about 6 pounds 8 ounces batter	32 servings, about 3 quarts 2 cups batter

Nutrients Per Serving			
Calories	196	Sodium	234 mg
Total Fat	1.7 g	Carbohydrate	42 g
Saturated Fat	0.5 g	Dietary Fiber	2 g
Cholesterol	46 mg	Protein	5 g
		Vitamin A	2500 IU
		Vitamin C	0.9 mg
		Iron	1.6 mg
		Calcium	60 mg