

# 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	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Whole wheat flour	1 pound 12 ounces	1 quart + 2 cups	3 pounds 8 ounces	3 quarts
Enriched all-purpose flour	1 pound 10.4 ounces	1 quart + 1½ cups	3 pounds 4.8 ounces	2 quarts + 2⅔ cups
Baking powder		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon
Baking soda		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Cinnamon		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Ground cloves		2 teaspoons		1 Tablespoon + 1 teaspoon
Ground ginger		1 teaspoon		2 teaspoons
Nutmeg		1 teaspoon		2 teaspoons
Eggs	1 pound 12 ounces	16 large	3 pounds 8 ounces	32 large
Canned pumpkin	2 pounds 3.2 ounces	1 quart	4 pounds 6.4 ounces	2 quarts
Applesauce	2 pounds 6 ounces	1 quart	4 pounds 12 ounces	2 quarts
Brown sugar	1 pound 8.8 ounces	3 cups	3 pounds 1.6 ounces	1 quart + 2 cups
Granulated sugar	1 pound 6.8 ounces	3 cups	2 pounds 13.8 ounces	1 quart + 2 cups



# Low-Fat Pumpkin Bread, continued

## Directions

1. Preheat the oven to 350° F. Lightly spray steamtable pans with pan-release spray. For 64 portions use two full-size 2-inch steamtable pans or four 8 ½ x 4 ½ loaf pans. For 128 portions use four full-size 2-inch steamtable pans or eight 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. Divide the batter evenly between the prepared baking pans 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 each full-size pan into 32 portions, or each loaf pan into 16 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)	64 servings, about 13 pounds batter 128 servings, about 26 pounds batter	64 servings, about 1 gallon 3 quarts batter 128 servings, about 3 gallons 2 quarts 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