



A Nutrition Resource

PUMPKIN BREAD

Pressure Cooker Recipe

Yield: 2 loaves/30 muffins/14 Servings

Serving Size: 1 1" slice Cost/Serving: \$0.28

Ingredients:

- 1/2 Cup butter (room temperature)
- 1 Cup sugar
- 2 eggs (room temperature)
- 1 Teaspoon vanilla extract
- 1 Cup pumpkin puree
- 3/4 Teaspoon cinnamon
- 3/4 Teaspoon nutmeg
- 1/2 Teaspoon ground cloves
- 1/2 Teaspoon ground ginger
- 1/2 Teaspoon sea salt
- 2 Cups self-rising flour

Directions:

- 1) Add butter and sugar to large mixing bowl.
- 2) Using hand mixer, "cream" together the butter and sugar.
- 3) Add in the eggs one at a time, mixing well. Stir in vanilla extract and pumpkin puree until well combined.
- 4) In a separate bowl, whisk together all spices and self-rising flour.
- 5) Gradually add the dry ingredient mixture to the wet ingredients and mix.
- 6) Add 1-2 cups of water to the bottom of the Instant Pot.

Nutrition Facts

14 servings per container	
Serving size	1" slice (126g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 290mg	13%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 13g Added Sugars	26%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 2mg	10%
Potassium 190mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 7) Place trivet in the pressure cooker and carefully lower cake pan into the trivet.
- 8) Close the lid of the pressure cooker and set the valve to the sealing position.
- 9) Select the Pressure Cook setting and set the time for 60 minutes.
- 10) Once cook time is complete, natural release for 10 minutes. Then quick-release remaining pressure. Remove pan from cooker and uncover. Allow to cool for at least 10 minutes before removing or slicing.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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