



A Healthier Zucchini Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 1 egg white
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

- ☐ 6 tablespoons vegetable oil generous
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 1.5 cups flour whole wheat white
- ☐ 1 eggs whole
- ☐ 1.3 cup zucchini

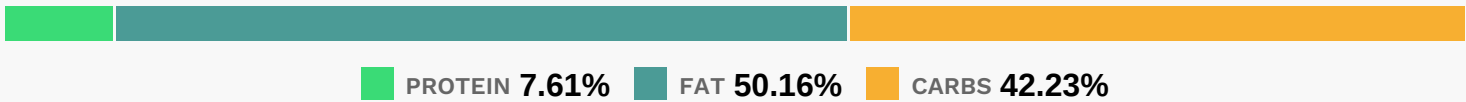
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350°F. Spray a 9×5 inch loaf pan with flour-added baking spray.
- ☐ Lay the zucchini on a stack of paper towels. Press out some of the moisture and let it stand for about 10 minutes. In a large mixing bowl, thoroughly stir together the flour, sugar, baking powder, soda, salt, cinnamon, cloves and nutmeg. In a medium bowl, stir together egg white, whole egg, oil, zucchini and vanilla.
- ☐ Add this mixture to the flour mixture, stirring to combine them well. Stir in nuts.
- ☐ Pour batter into pan.
- ☐ Bake for 50 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:6.02, Inflammation Score:-1, Nutrition Score:3.3921739018482%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 184.53kcal (9.23%), Fat: 10.67g (16.41%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 18.15g (6.6%), Sugar: 8.86g (9.84%), Cholesterol: 13.64mg (4.55%), Sodium: 140.01mg (6.09%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 3.64g (7.28%), Vitamin K: 13.26µg (12.62%), Manganese: 0.22mg (11.11%), Fiber: 2.05g (8.21%), Copper: 0.09mg (4.47%), Vitamin E: 0.65mg (4.32%), Calcium: 40.56mg (4.06%), Phosphorus: 36.93mg (3.69%), Iron: 0.67mg (3.69%), Vitamin C: 2.38mg (2.89%), Vitamin B2: 0.05mg (2.89%), Selenium: 1.95µg (2.78%), Magnesium: 11.05mg (2.76%), Vitamin B6: 0.05mg (2.7%), Folate: 9.74µg (2.44%), Potassium: 82.45mg (2.36%), Zinc: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.12mg (1.16%)