



# Apple Zucchini Bread

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



3

CALORIES



2418 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 4 cups flour all-purpose
- 1 tablespoon baking soda
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 teaspoon salt
- 5 large eggs room temperature
- 1.5 cups vegetable oil
- 2 cups sugar

- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 1 tablespoon vanilla extract
- 2 cups zucchini shredded unpeeled
- 1 cup apples shredded peeled
- 1.5 cups pecans chopped

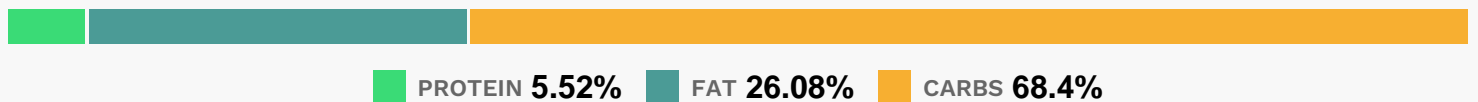
## Equipment

- bowl
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- In a large bowl, combine flour, baking soda, cinnamon, nutmeg and salt. In another bowl, beat eggs.
- Add oil, sugars and vanilla.
- Pour over dry ingredients; mix well. Stir in zucchini, apples and pecans (batter will be stiff). Spoon into 3 greased 8x4-in. loaf pans.
- Bake at 350° until a toothpick inserted in center comes out clean, 50–55 minutes. Cool in pans for 10 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:92.36, Glycemic Load:187.19, Inflammation Score:-9, Nutrition Score:46.325217703114%

## Flavonoids

Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epigallocatechin: 3.18mg, Epigallocatechin: 3.18mg, Epigallocatechin: 3.18mg, Epigallocatechin: 3.18mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## **Nutrients (% of daily need)**

Calories: 2418.23kcal (120.91%), Fat: 71.5g (109.99%), Saturated Fat: 9.73g (60.82%), Carbohydrates: 421.88g (140.63%), Net Carbohydrates: 409.72g (148.99%), Sugar: 285.32g (317.02%), Cholesterol: 310mg (103.33%), Sodium: 1459.83mg (63.47%), Alcohol: 1.49g (100%), Alcohol %: 0.23% (100%), Protein: 34.06g (68.12%), Manganese: 4.07mg (203.37%), Selenium: 86.92µg (124.18%), Vitamin B1: 1.75mg (116.5%), Folate: 379.03µg (94.76%), Vitamin B2: 1.39mg (81.98%), Iron: 12.14mg (67.44%), Vitamin B3: 11.15mg (55.74%), Copper: 1.1mg (54.87%), Phosphorus: 539.44mg (53.94%), Fiber: 12.16g (48.64%), Vitamin K: 47.53µg (45.27%), Magnesium: 144.51mg (36.13%), Zinc: 5.08mg (33.87%), Vitamin B5: 2.87mg (28.71%), Potassium: 986.79mg (28.19%), Vitamin B6: 0.54mg (27.23%), Calcium: 259.84mg (25.98%), Vitamin E: 3.72mg (24.79%), Vitamin C: 17.36mg (21.04%), Vitamin A: 671.64IU (13.43%), Vitamin B12: 0.74µg (12.36%), Vitamin D: 1.67µg (11.11%)