



Blueberry Zucchini Bread



Vegetarian



Dairy Free



Popular

READY IN



105 min.

SERVINGS



4

CALORIES



1010 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 pint blueberries fresh
- ☐ 3 eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 3 teaspoons vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 2.3 cups sugar white
- ☐ 2 cups zucchini shredded

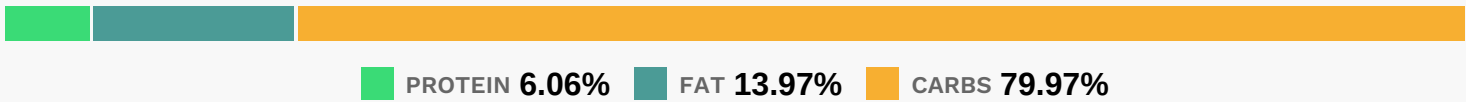
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
- ☐ In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries.
- ☐ Transfer to the prepared mini-loaf pans.
- ☐ Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:74.27, Glycemic Load:136.5, Inflammation Score:-8, Nutrition Score:25.695217692334%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.48mg,

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Nutrients (% of daily need)

Calories: 1010kcal (50.5%), Fat: 15.93g (24.51%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 205.18g (68.39%), Net Carbohydrates: 198.12g (72.04%), Sugar: 126.41g (140.45%), Cholesterol: 122.76mg (40.92%), Sodium: 812.24mg (35.31%), Alcohol: 1.03g (100%), Alcohol %: 0.27% (100%), Protein: 15.55g (31.1%), Manganese: 1.52mg (75.91%), Selenium: 42.9µg (61.28%), Vitamin B1: 0.82mg (54.77%), Folate: 209.17µg (52.29%), Vitamin K: 46.55µg (44.33%), Vitamin B2: 0.75mg (43.87%), Iron: 5.83mg (32.4%), Vitamin B3: 6.37mg (31.87%), Fiber: 7.05g (28.22%), Vitamin C: 22.65mg (27.45%), Phosphorus: 227.72mg (22.77%), Vitamin E: 2.09mg (13.93%), Copper: 0.28mg (13.82%), Vitamin B6: 0.26mg (13.19%), Calcium: 130.18mg (13.02%), Vitamin B5: 1.2mg (11.98%), Potassium: 414.39mg (11.84%), Magnesium: 44.69mg (11.17%), Zinc: 1.52mg (10.15%), Vitamin A: 371.98IU (7.44%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%)