



Chocolate Chip Zucchini Bread

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



556 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup chocolate chips
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white
- ☐ 3 cups zucchini grated

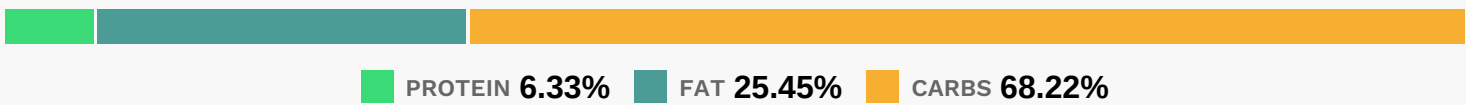
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Grease and flour two 4x8-inch loaf pans.
- ☐ Beat eggs in a large bowl until light and foamy; mix in vegetable oil, sugar, vanilla extract, and zucchini until thoroughly combined.
- ☐ Whisk flour, cocoa powder, salt, baking soda, and baking powder together in a separate bowl.
- ☐ Stir the flour mixture into the zucchini mixture.
- ☐ Mix in chopped walnuts and chocolate chips.
- ☐ Pour the batter into the prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the loaves comes out clean, about 1 hour.
- ☐ Let cool in pans for 10 minutes before removing to finish cooling on wire racks.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:61.06, Inflammation Score:-5, Nutrition Score:13.083478367847%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 555.9kcal (27.79%), Fat: 16.03g (24.66%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 96.7g (32.23%), Net Carbohydrates: 93.78g (34.1%), Sugar: 58.11g (64.56%), Cholesterol: 61.38mg (20.46%), Sodium: 470.01mg (20.44%), Alcohol: 0.56g (100%), Alcohol %: 0.34% (100%), Caffeine: 4.31mg (1.44%), Protein: 8.96g (17.93%), Manganese: 0.73mg (36.74%), Selenium: 21.98µg (31.4%), Vitamin B1: 0.42mg (28.14%), Folate: 112.46µg (28.12%), Vitamin B2: 0.38mg (22.19%), Iron: 3.15mg (17.52%), Vitamin B3: 3.12mg (15.6%), Copper: 0.3mg (14.81%), Phosphorus: 142.87mg (14.29%), Vitamin K: 12.46µg (11.86%), Fiber: 2.91g (11.66%), Magnesium: 41.81mg (10.45%), Vitamin C: 8.42mg (10.2%), Vitamin B6: 0.17mg (8.32%), Potassium: 290.67mg (8.3%), Zinc: 1.05mg (7.01%), Vitamin B5: 0.6mg (6%), Vitamin E: 0.76mg (5.04%), Calcium: 49.52mg (4.95%), Vitamin A: 183.56IU (3.67%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)