



Chocolate Chip-Zucchini Loaf

READY IN



65 min.

SERVINGS



16

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 tsp baking soda
- 1 eggs
- 1.5 cups flour
- 1.5 tsp ground cinnamon
- 0.5 cup miracle whip dressing
- 1 tsp salt
- 3 oz baker's semi-sweet chocolate finely chopped
- 1 cup sugar
- 1.5 cups zucchini shredded (1 zucchini)

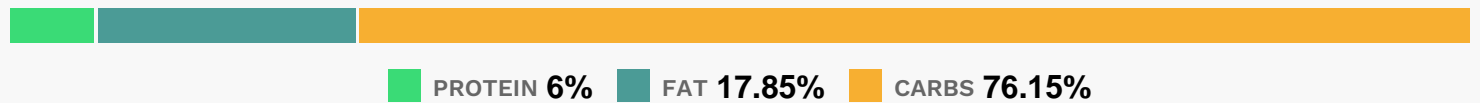
Equipment

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

Directions

- Heat oven to 350F.
- Whisk egg and dressing in large bowl until blended; stir in zucchini.
- Combine remaining ingredients in separate bowl.
- Add to zucchini mixture; stir just until moistened.
- Pour into 8x4-inch loaf pan sprayed with cooking spray.
- Bake 50 min. or until toothpick inserted in center comes out clean. Cool bread in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:15.24, Inflammation Score:-2, Nutrition Score:3.3486956668937%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 134.76kcal (6.74%), Fat: 2.71g (4.17%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 24.85g (9.04%), Sugar: 15.58g (17.32%), Cholesterol: 11.27mg (3.76%), Sodium: 292.55mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.57mg (1.52%), Protein: 2.05g (4.1%), Manganese: 0.22mg

(10.76%), Selenium: 5.37µg (7.67%), Vitamin B1: 0.1mg (6.67%), Folate: 25.54µg (6.39%), Iron: 1.01mg (5.6%), Vitamin B2: 0.09mg (5.09%), Copper: 0.09mg (4.66%), Fiber: 1.14g (4.55%), Vitamin B3: 0.79mg (3.97%), Phosphorus: 36.89mg (3.69%), Magnesium: 14.51mg (3.63%), Vitamin C: 2.09mg (2.53%), Potassium: 82.05mg (2.34%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.34%), Calcium: 11.59mg (1.16%)