



## Chocolate Zucchini Bread

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



1078 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 6 tablespoons buttermilk
- ☐ 0.5 cup granulated sugar white
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 cup oil
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup semi sweet mini
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup pastry flour whole wheat
- ☐ 1.5 cups zucchini shredded

## Equipment




- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Lightly grease an 8×4 inch loaf pan (See Note 1). I also lined it with a piece of parchment paper to enable easy removal of the loaf from the pan. Grate the zucchini and keep it aside. In a large mixing bowl combine flour, cocoa powder, leaveners, salt and spice. In another medium size bowl beat together the oil, applesauce, both the sugars, buttermilk and vanilla extract. Fold in the grated zucchini with the wet ingredients. To this add the flour mixture and beat it until just combined. Stir in the chocolate chips.
- ☐ Transfer the batter to the prepared loaf pan and bake it between 55–65 minutes or until a toothpick inserted in the center of the bread comes out clean. Mine was done in about 58 minutes.
- ☐ Transfer the pan from the oven and place it on a wire rack.
- ☐ Remove the bread from the pan after 10 minutes and let it cool completely before you can slice it. Leaving the bread to cool overnight is preferable.

## Nutrition Facts



 **PROTEIN 5.5%**  **FAT 30.88%**  **CARBS 63.62%**

## Properties

Glycemic Index:111.55, Glycemic Load:36.15, Inflammation Score:-8, Nutrition Score:30.718695775322%

## Flavonoids

Catechin: 14.15mg, Catechin: 14.15mg, Catechin: 14.15mg, Catechin: 14.15mg Epicatechin: 43.88mg, Epicatechin: 43.88mg, Epicatechin: 43.88mg, Epicatechin: 43.88mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

## Nutrients (% of daily need)

Calories: 1078.46kcal (53.92%), Fat: 39.7g (61.08%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 184.02g (61.34%), Net Carbohydrates: 167.72g (60.99%), Sugar: 125.58g (139.54%), Cholesterol: 8.32mg (2.78%), Sodium: 1036.47mg (45.06%), Alcohol: 0.69g (100%), Alcohol %: 0.21% (100%), Caffeine: 49.45mg (16.48%), Protein: 15.92g (31.84%), Manganese: 3.49mg (174.46%), Fiber: 16.3g (65.22%), Selenium: 43.07µg (61.53%), Copper: 1.16mg (58.11%), Magnesium: 217.45mg (54.36%), Phosphorus: 471.64mg (47.16%), Vitamin E: 5.54mg (36.93%), Iron: 6.4mg (35.56%), Potassium: 950.63mg (27.16%), Vitamin B1: 0.39mg (25.96%), Calcium: 248.83mg (24.88%), Vitamin K: 25.93µg (24.69%), Zinc: 3.53mg (23.53%), Vitamin B6: 0.47mg (23.46%), Vitamin C: 17.18mg (20.83%), Vitamin B3: 4mg (20.02%), Vitamin B2: 0.34mg (19.78%), Folate: 59.4µg (14.85%), Vitamin B5: 0.86mg (8.63%), Vitamin A: 326.24IU (6.52%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.45%)