



Cinnamon Raisin Loaves

 Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 10.8 ounces campbell's® condensed tomato soup healthy request® canned
- ☐ 6 egg whites
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup raisins
- ☐ 1.5 cups sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups zucchini shredded

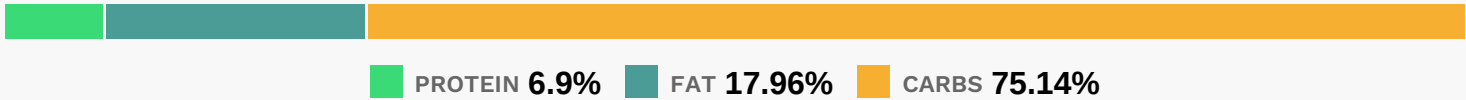
Equipment

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

Directions

- ☐ Heat the oven to 350°F. Spray 2 (8 1/2 x 4 1/2-inch) loaf pans with the cooking spray.
- ☐ Stir the flour, cinnamon, baking soda and baking powder in a large bowl.
- ☐ Beat the sugar, soup, egg whites, oil and vanilla extract in a medium bowl with a fork or whisk.
- ☐ Add the soup mixture to the flour mixture, stirring just until blended. Fold in the zucchini and raisins.
- ☐ Pour the batter into the loaf pans.
- ☐ Bake for 55 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Let the loaves cool in the pans on wire racks for 10 minutes.
- ☐ Remove the loaves from the pans and let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:20.61, Inflammation Score:-2, Nutrition Score:4.147826074906%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 164.62kcal (8.23%), Fat: 3.36g (5.17%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 30.44g (11.07%), Sugar: 13.9g (15.44%), Cholesterol: 0mg (0%), Sodium: 117.74mg (5.12%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 2.9g (5.8%), Selenium: 7.32µg (10.45%), Manganese: 0.19mg (9.47%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.14mg (7.96%), Folate: 31.57µg (7.89%), Vitamin K: 6.52µg (6.21%), Vitamin B3: 1.16mg (5.78%), Iron: 1.03mg (5.73%), Potassium: 178.35mg (5.1%), Fiber: 1.16g (4.66%), Vitamin C: 3.82mg (4.63%), Phosphorus: 32.34mg (3.23%), Copper: 0.06mg (2.79%), Magnesium: 9.86mg (2.46%), Vitamin B6: 0.05mg (2.33%), Vitamin E: 0.32mg (2.11%), Calcium: 14.57mg (1.46%), Vitamin A: 70.94IU (1.42%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.11mg (1.07%)