



## Cinnamon Zucchini Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup canola oil
- 2 egg whites
- 1.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup raisins

- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.3 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 1.3 cups zucchini shredded peeled

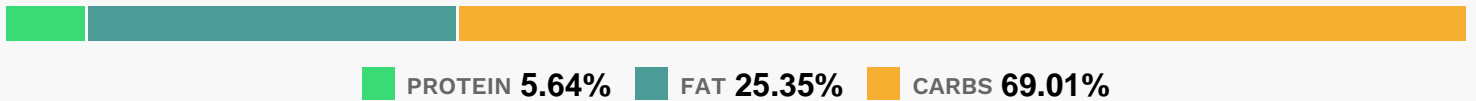
## Equipment

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

## Directions

- In a small bowl, beat the sugar, applesauce, oil, egg whites and vanilla until well blended.
- Combine the flour, cinnamon, baking powder, salt, nutmeg and baking soda; gradually beat into sugar mixture. Fold in zucchini and raisins.
- Transfer to an 8-in. x 4-in. loaf pan coated with cooking spray.
- Bake at 350° for 50–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:32.16, Glycemic Load:20.04, Inflammation Score:-2, Nutrition Score:3.9808695581944%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg,

Quercetin: 0.19mg

## **Nutrients (% of daily need)**

Calories: 173.26kcal (8.66%), Fat: 4.98g (7.66%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.34g (10.67%), Sugar: 13.42g (14.92%), Cholesterol: 0mg (0%), Sodium: 166.66mg (7.25%), Alcohol: 0.1g (100%), Alcohol %: 0.23% (100%), Protein: 2.49g (4.98%), Manganese: 0.19mg (9.75%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.14mg (9.14%), Folate: 32.31µg (8.08%), Vitamin B2: 0.13mg (7.45%), Vitamin E: 0.86mg (5.7%), Iron: 1.01mg (5.63%), Vitamin B3: 1.06mg (5.32%), Fiber: 1.17g (4.67%), Vitamin K: 4.03µg (3.84%), Phosphorus: 34.98mg (3.5%), Vitamin C: 2.7mg (3.27%), Potassium: 114.39mg (3.27%), Calcium: 29.12mg (2.91%), Copper: 0.05mg (2.65%), Magnesium: 8.71mg (2.18%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.1%)