



Citrus Cranberry Zucchini Bread



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



16

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup cranberries dried
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 pinch ground ginger

- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon extract
- ☐ 1 orange zest
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white
- ☐ 2 cups zucchini shredded

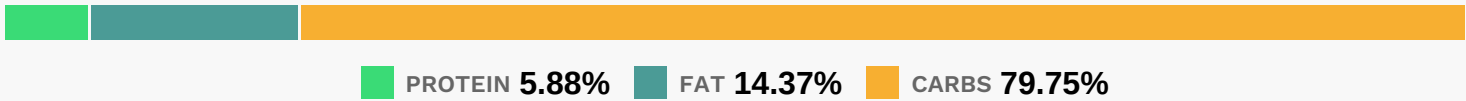
Equipment

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

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease two 8x4-inch loaf pans.
- ☐ Combine flour, baking soda, and baking powder in a small bowl. Beat eggs with sugar in a large bowl until well mixed; beat in oil. Stir zucchini, cranberries, orange zest, and lemon extract into egg mixture.
- ☐ Add cinnamon, cloves, nutmeg, salt, and ginger. Stir flour mixture into zucchini mixture until batter is well blended.
- ☐ Pour batter into prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 50 to 60 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:30.49, Inflammation Score:-2, Nutrition Score:5.6813042993131%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 245.84kcal (12.29%), Fat: 4.02g (6.18%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 48.69g (17.7%), Sugar: 30.98g (34.42%), Cholesterol: 30.69mg (10.23%), Sodium: 234.84mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.34mg (16.88%), Selenium: 10.74µg (15.34%), Vitamin B1: 0.2mg (13.12%), Folate: 50.86µg (12.71%), Vitamin B2: 0.18mg (10.36%), Iron: 1.39mg (7.71%), Vitamin B3: 1.52mg (7.58%), Vitamin K: 6.6µg (6.29%), Fiber: 1.47g (5.89%), Phosphorus: 50.25mg (5.02%), Vitamin C: 3.82mg (4.63%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (2.89%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.05mg (2.75%), Magnesium: 10.15mg (2.54%), Potassium: 85.72mg (2.45%), Zinc: 0.34mg (2.29%), Calcium: 20.06mg (2.01%), Vitamin A: 79.77IU (1.6%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)