



Classic Zucchini Bread



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 2 cups flour
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups zucchini shredded packed

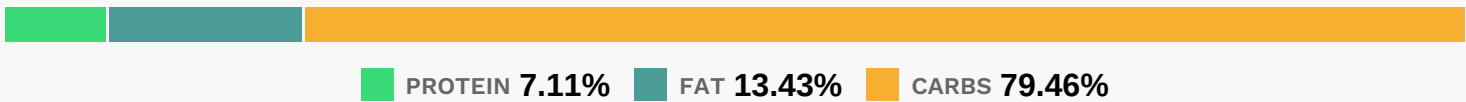
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Oil and flour a 4- by 8-in. loaf pan.
- ☐ Whisk 2 cups flour with other dry ingredients (except sugars) in a bowl.
- ☐ Beat sugars, eggs, and 1/2 cup oil until blended. Slowly mix in zucchini. Gradually beat in flour mixture until just combined.
- ☐ Scoop batter into pan.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool 10 minutes, then invert onto a rack. Turn over; let cool completely.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:21.84, Inflammation Score:-3, Nutrition Score:7.6647825344749%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 4.39g (6.75%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 57.16g (20.79%), Sugar: 33.86g (37.62%), Cholesterol: 46.5mg (15.5%), Sodium: 350.56mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Selenium: 14.9µg (21.29%), Folate: 70.89µg (17.72%), Vitamin B1: 0.26mg (17.65%), Manganese: 0.34mg (16.8%), Vitamin B2: 0.24mg (14.24%), Iron: 2.05mg (11.4%), Vitamin B3: 2.03mg (10.17%), Phosphorus: 80.05mg (8%), Vitamin C: 5.56mg (6.74%), Calcium: 63.21mg (6.32%), Vitamin K: 6.51µg (6.2%), Fiber: 1.26g (5.02%), Vitamin B6: 0.1mg (4.88%), Potassium: 170.2mg (4.86%), Copper: 0.09mg (4.3%), Vitamin B5: 0.43mg (4.29%), Magnesium: 16.97mg (4.24%), Zinc: 0.5mg (3.3%), Vitamin E: 0.41mg (2.75%), Vitamin A: 130.01IU (2.6%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)