



Cooking Light magazine's Zucchini Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 cup apple sauce
- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup egg substitute
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1.8 cups sugar

- 1 tablespoon vanilla extract
- 0.3 cup vegetable oil
- 2 cups coarsely zucchini shredded

Equipment

- bowl
- paper towels
- oven
- wire rack
- loaf pan

Directions

- Preheat oven to 350 degrees.
- Place zucchini on several layers of paper towels, and cover with additional paper towel.
- Let stand 5 minutes, pressing down occasionally. Set aside.
- Combine flour and next 5 ingredients (flour through baking powder) in a large bowl, and stir well; make a well in center of mixture.
- Combine zucchini, applesauce, egg substitute, oil, and vanilla; add to dry ingredients, stirring just until dry ingredients are moistened. Divide batter evenly between 2 (7 1/2 x 3-inch) loaf pans coated with cooking spray.
- Bake at 350 degrees for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pans 10 minutes on a wire rack; remove from pans, and let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:28.28, Inflammation Score:-2, Nutrition Score:5.1943478156691%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 223.4kcal (11.17%), Fat: 4.9g (7.55%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 40.84g (14.85%), Sugar: 23.61g (26.24%), Cholesterol: 0mg (0%), Sodium: 237.53mg (10.33%), Alcohol: 0.28g (100%), Alcohol %: 0.41% (100%), Protein: 3.38g (6.77%), Selenium: 11.24µg (16.06%), Vitamin B1: 0.2mg (13.54%), Folate: 48.16µg (12.04%), Manganese: 0.22mg (10.78%), Vitamin B2: 0.17mg (9.87%), Vitamin K: 9.2µg (8.76%), Iron: 1.35mg (7.51%), Vitamin B3: 1.48mg (7.39%), Fiber: 0.98g (3.92%), Phosphorus: 38.67mg (3.87%), Vitamin E: 0.54mg (3.63%), Vitamin C: 2.93mg (3.55%), Vitamin B5: 0.26mg (2.64%), Potassium: 92.19mg (2.63%), Copper: 0.05mg (2.47%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.61mg (2.4%), Zinc: 0.3mg (1.98%), Calcium: 17.25mg (1.73%), Vitamin A: 51.56IU (1.03%)