

# Cranberry Zucchini Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



32

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup cranberries fresh chopped
- 3 eggs
- 3 cups flour all-purpose
- 2.5 teaspoons ground cinnamon
- 0.3 teaspoon nutmeg
- 1.3 teaspoons salt

- 2 cups sugar
- 1 tablespoon vanilla extract
- 1 cup vegetable oil
- 0.5 cup walnut pieces chopped
- 1.5 cups zucchini shredded

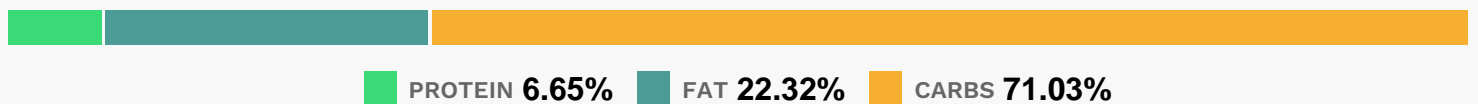
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- In a large bowl, combine the first seven ingredient. In another bowl, beat eggs; add zucchini, oil and vanilla. Stir into dry ingredients just until blended. Fold in the cranberries and walnuts.
- Pour into two greased and floured 9-in. x 5-in. loaf pans.
- 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 pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:15.38, Inflammation Score:-1, Nutrition Score:3.034782609214%

## Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate:

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0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.5mg, Quercetin:  
0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

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

Calories: 124.78kcal (6.24%), Fat: 3.13g (4.82%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 22.43g (7.48%), Net  
Carbohydrates: 21.74g (7.9%), Sugar: 12.91g (14.34%), Cholesterol: 15.35mg (5.11%), Sodium: 138.5mg (6.02%),  
Alcohol: 0.14g (100%), Alcohol %: 0.38% (100%), Protein: 2.1g (4.2%), Manganese: 0.19mg (9.72%), Selenium: 5.42µg  
(7.75%), Vitamin B1: 0.1mg (6.87%), Folate: 26.62µg (6.66%), Vitamin B2: 0.09mg (5.2%), Iron: 0.73mg (4.03%),  
Vitamin B3: 0.75mg (3.74%), Phosphorus: 31.23mg (3.12%), Vitamin K: 3.06µg (2.91%), Copper: 0.06mg (2.78%),  
Fiber: 0.7g (2.78%), Magnesium: 7.39mg (1.85%), Vitamin C: 1.51mg (1.83%), Vitamin B6: 0.03mg (1.68%), Vitamin E:  
0.23mg (1.51%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.22mg (1.46%), Potassium: 45.57mg (1.3%), Calcium: 12.53mg  
(1.25%)