



Cucumber Nut Bread



Vegetarian



Dairy Free

READY IN



155 min.

SERVINGS



12

CALORIES



358 kcal

BREAD

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups cucumber shredded peeled seeded
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 cup pecans coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white

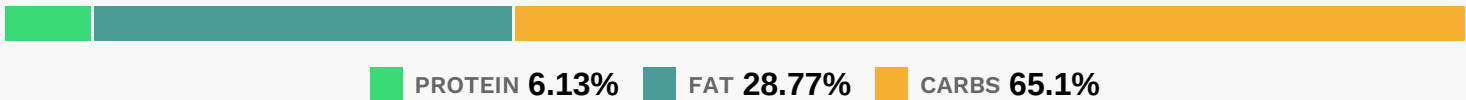
Equipment

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

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Spray 2 5x9-inch loaf pans with cooking spray.
- ☐ Place shredded cucumbers into a colander and let drain for about 30 minutes.
- ☐ Stir eggs, vegetable oil, sugar, vanilla extract, drained cucumber, and pecans together in a large bowl.
- ☐ Whisk flour, cinnamon, baking soda, salt, baking powder, nutmeg, and cloves in a separate bowl. Stir dry ingredients into the cucumber mixture until batter is thoroughly combined. Spoon batter into prepared loaf pans.
- ☐ Bake loaves in the preheated oven until lightly browned and a toothpick inserted into the center of each loaf comes out clean, 50 minutes to 1 hour.
- ☐ Let loaves cool in pans for 10 minutes before removing from pans to finish cooling on wire racks.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:40.64, Inflammation Score:-3, Nutrition Score:8.7995652945145%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 358.18kcal (17.91%), Fat: 11.69g (17.98%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 57.26g (20.82%), Sugar: 34.12g (37.91%), Cholesterol: 40.92mg (13.64%), Sodium: 214.11mg (9.31%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 5.61g (11.21%), Manganese: 0.77mg (38.65%), Vitamin B1: 0.32mg (21.12%), Selenium: 14.56µg (20.8%), Folate: 67.52µg (16.88%), Vitamin B2: 0.23mg (13.47%), Iron: 2.01mg (11.15%), Vitamin B3: 1.98mg (9.89%), Copper: 0.18mg (9.14%), Fiber: 2.24g (8.95%), Phosphorus: 87.68mg (8.77%), Vitamin K: 8.96µg (8.53%), Magnesium: 22.4mg (5.6%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.44mg (4.4%), Vitamin E: 0.58mg (3.88%), Potassium: 120.36mg (3.44%), Calcium: 32.49mg (3.25%), Vitamin B6: 0.06mg (3.2%), Vitamin A: 82.47IU (1.65%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin C: 0.84mg (1.01%)