



Easy Zucchini Bread

READY IN



25 min.

SERVINGS



25

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 3 large eggs
- ☐ 1.3 cups milk
- ☐ 1 cup pecans divided chopped
- ☐ 18.3 oz spice cake mix
- ☐ 2 cups zucchini shredded (1 medium zucchini)

Equipment

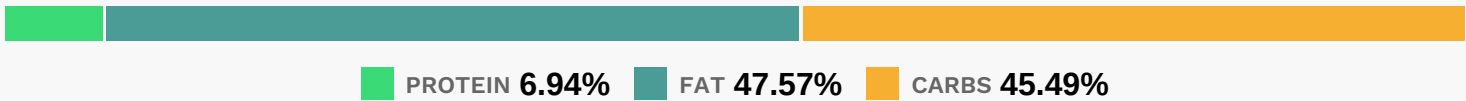
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Place 2/3 cup pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 6 to 7 minutes or until pecans are lightly toasted, stirring occasionally.
- ☐ Beat cake mix and next 3 ingredients at low speed with an electric mixer 30 seconds. Increase speed to medium, and beat 1 minute, stopping to scrape bottom and down sides of bowl as needed. Stir in zucchini and 2/3 cup toasted pecans.
- ☐ Pour batter evenly into 2 (9- x 5-inch) lightly greased loaf pans.
- ☐ Sprinkle remaining 1/3 cup pecans evenly over batter.
- ☐ Bake at 350 for 35 to 40 minutes or until a long wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- ☐ Remove from pans to wire rack, and let cool 15 minutes before slicing.
- ☐ Note: For testing purposes only, we used Duncan Hines Moist Deluxe Spice Cake
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:4.2634782480157%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate:

0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 146.07kcal (7.3%), Fat: 7.88g (12.13%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.1g (5.85%), Sugar: 10.68g (11.86%), Cholesterol: 23.78mg (7.93%), Sodium: 149.92mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Manganese: 0.33mg (16.55%), Phosphorus: 86.82mg (8.68%), Vitamin B1: 0.11mg (7.52%), Iron: 1.22mg (6.8%), Vitamin B2: 0.11mg (6.41%), Copper: 0.11mg (5.65%), Calcium: 42.46mg (4.25%), Folate: 16.71µg (4.18%), Potassium: 140.92mg (4.03%), Selenium: 2.69µg (3.85%), Fiber: 0.87g (3.48%), Magnesium: 13.59mg (3.4%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.43mg (2.87%), Vitamin B6: 0.05mg (2.57%), Vitamin K: 2.6µg (2.47%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.34mg (2.27%), Vitamin C: 1.87mg (2.26%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.25µg (1.69%), Vitamin A: 75.07IU (1.5%)