



Ellen's Lemon Zucchini Bread

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



16

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs
- 3 cups flour
- 1 teaspoon lemon extract
- 1 lemon zest
- 1 teaspoon salt
- 1 teaspoon vanilla extract

- 1 cup vegetable oil
- 2 cups granulated sugar white
- 2 cups zucchini grated

Equipment

- bowl
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease 2 loaf pans; sprinkle sugar into the bottom and on the sides of the greased pans.
- Beat the eggs, 2 cups sugar, vegetable oil, vanilla extract, lemon extract, and lemon zest together in a large bowl.
- Mix the flour, salt, baking soda, and baking powder together in a separate bowl; add to the egg mixture and stir until the batter is thick. Fold the zucchini into the batter.
- Pour the batter into the prepared loaf pans.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



PROTEIN 6.55% **FAT 15.61%** **CARBS 77.84%**

Properties

Glycemic Index:15.76, Glycemic Load:30.46, Inflammation Score:-2, Nutrition Score:4.992608687152%

Flavonoids

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

Nutrients (% of daily need)

Calories: 221.01kcal (11.05%), Fat: 3.87g (5.95%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 42.61g (15.49%), Sugar: 25.48g (28.31%), Cholesterol: 30.69mg (10.23%), Sodium: 234.09mg (10.18%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.65g (7.31%), Selenium: 10.66µg (15.23%), Vitamin B1: 0.19mg (12.97%), Folate: 50.54µg (12.63%), Vitamin B2: 0.17mg (10.2%), Manganese: 0.19mg (9.58%), Vitamin B3: 1.46mg (7.31%), Iron: 1.31mg (7.3%), Vitamin K: 5.77µg (5.5%), Phosphorus: 48.97mg (4.9%), Vitamin C: 3.26mg (3.95%), Fiber: 0.83g (3.31%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.52%), Copper: 0.05mg (2.51%), Vitamin E: 0.34mg (2.29%), Magnesium: 9.04mg (2.26%), Potassium: 78.43mg (2.24%), Zinc: 0.32mg (2.16%), Calcium: 15.16mg (1.52%), Vitamin A: 75.74IU (1.51%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)