



Gluten-Free Zucchini Apple Bread

 Vegetarian  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



124 kcal

Ingredients

- 0.5 cup apples shredded unpeeled
- 3 eggs
- 2 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 0.8 cup sugar
- 1 teaspoon vanilla gluten-free
- 0.3 cup vegetable oil
- 1 cup zucchini shredded (1 medium)
- 2 cups frangelico gluten free

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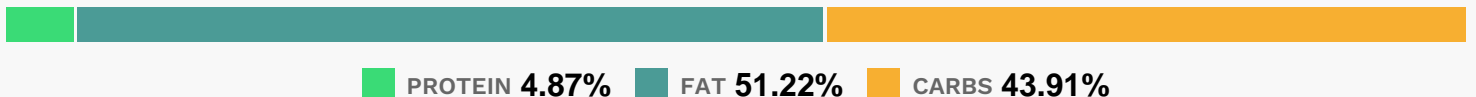
Equipment

- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- loaf pan
- hand mixer
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F. Grease bottom only of 9x5-inch loaf pan with shortening or cooking spray (without flour).
- In large bowl, beat all ingredients with electric mixer on low speed 30 seconds, scraping bowl occasionally. Beat on medium speed 1 minute, scraping bowl occasionally.
- Pour batter into pan.
- Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 2 hours. To store, wrap tightly in plastic wrap or foil.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:8.97, Inflammation Score:-1, Nutrition Score:2.3621739291626%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 124.07kcal (6.2%), Fat: 7.22g (11.1%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.5g (4.91%), Sugar: 13.39g (14.88%), Cholesterol: 40.92mg (13.64%), Sodium: 16.7mg (0.73%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Protein: 1.54g (3.09%), Vitamin K: 11.83µg (11.27%), Selenium: 3.48µg (4.98%), Vitamin E: 0.64mg (4.27%), Manganese: 0.09mg (4.25%), Vitamin B2: 0.06mg (3.78%), Phosphorus: 26.69mg (2.67%), Vitamin C: 2.1mg (2.55%), Folate: 7.89µg (1.97%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.04mg (1.92%), Fiber: 0.42g (1.69%), Vitamin A: 83.95IU (1.68%), Vitamin B12: 0.1µg (1.63%), Iron: 0.28mg (1.53%), Vitamin D: 0.22µg (1.47%), Potassium: 50.19mg (1.43%), Zinc: 0.19mg (1.24%), Calcium: 11.78mg (1.18%)