



Gluten-Free Zucchini Apple Bread



Vegetarian



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



124 kcal

Ingredients

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

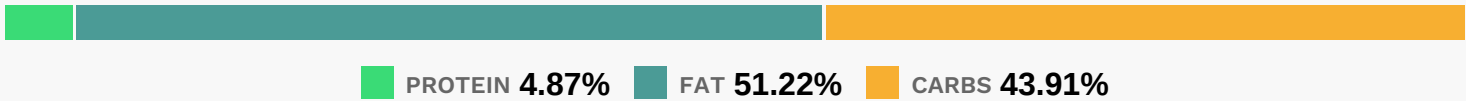
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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: 0.11g (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%)