



## Gluten Free Zucchini Bread

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup canola oil
- 1 tablespoon confectioners' sugar
- 0.5 cup cornstarch
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon juice of lemon

- 0.5 cup rice flour white
- 0.5 teaspoon salt
- 0.5 cup rice flour sweet
- 2 tablespoons tapioca flour
- 1 teaspoon vanilla extract gluten-free
- 1 cup sugar white
- 0.5 teaspoon xanthan gum
- 1 cup zucchini diced

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a large loaf pan.
- Combine zucchini, eggs, oil, and vanilla extract in a blender; pulse until mixture resembles a milkshake.
- Whisk together white sugar, white rice flour, sweet rice flour, cornstarch, tapioca, baking powder, cinnamon, baking soda, xanthan gum, and salt in a large bowl. Stir zucchini mixture into flour mixture until batter is well blended; pour into prepared loaf pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pan for a few minutes before removing to cool completely on a wire rack.
- Mix confectioners' sugar and lemon juice in a small bowl to form a thin glaze.
- Drizzle over top of loaf.

# Nutrition Facts

PROTEIN 4.33% FAT 14.89% CARBS 80.78%

## Properties

Glycemic Index:39.76, Glycemic Load:28.2, Inflammation Score:-1, Nutrition Score:3.9573912931525%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 256.68kcal (12.83%), Fat: 4.27g (6.57%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 51.13g (18.59%), Sugar: 26.46g (29.41%), Cholesterol: 40.92mg (13.64%), Sodium: 324.28mg (14.1%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 2.8g (5.59%), Manganese: 0.32mg (16.06%), Selenium: 6.82µg (9.74%), Vitamin B6: 0.13mg (6.6%), Phosphorus: 60.26mg (6.03%), Vitamin B2: 0.07mg (4.39%), Vitamin E: 0.65mg (4.35%), Calcium: 43.13mg (4.31%), Fiber: 0.99g (3.95%), Vitamin C: 3.03mg (3.67%), Vitamin B5: 0.37mg (3.66%), Vitamin B3: 0.6mg (3.01%), Magnesium: 11.74mg (2.93%), Vitamin K: 2.77µg (2.64%), Iron: 0.47mg (2.63%), Vitamin B1: 0.04mg (2.62%), Copper: 0.05mg (2.47%), Folate: 9.83µg (2.46%), Zinc: 0.36mg (2.43%), Potassium: 75.19mg (2.15%), Vitamin A: 91.18IU (1.82%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)