



## Gluten-Free Zucchini Bread

 Vegetarian  Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup sugar
- 2 eggs
- 0.7 cup vegetable oil
- 1 teaspoon vanilla gluten-free
- 16 oz flour gluten free
- 1 teaspoon double-acting baking powder gluten-free
- 1 teaspoon ground cinnamon
- 0.5 teaspoon xanthan gum

- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 2 cups zucchini shredded
- 0.5 cup nuts chopped

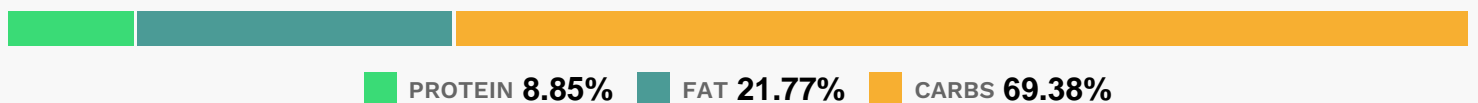
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Lightly grease bottom only of 9x5-inch loaf pan.
- In large bowl, beat sugar and eggs with electric mixer on medium speed until well blended.
- Add oil and vanilla; beat until smooth.
- In medium bowl, mix flour blend, baking powder, cinnamon, xanthan gum, baking soda and salt. Gradually beat into egg mixture on low speed until blended. Stir in zucchini and nuts.
- Pour batter into pan.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes.
- Remove from pan to cooling rack; cool completely, about 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:23.9, Glycemic Load:32.95, Inflammation Score:-4, Nutrition Score:8.4191303771475%

## Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 274.77kcal (13.74%), Fat: 6.7g (10.31%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 48.03g (16.01%), Net Carbohydrates: 46.07g (16.75%), Sugar: 17.33g (19.25%), Cholesterol: 27.28mg (9.09%), Sodium: 195.19mg (8.49%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 6.12g (12.25%), Manganese: 0.44mg (22.17%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.32mg (21.4%), Folate: 80.59µg (20.15%), Vitamin B2: 0.26mg (15.01%), Vitamin B3: 2.62mg (13.08%), Iron: 2.24mg (12.45%), Phosphorus: 97.06mg (9.71%), Fiber: 1.95g (7.81%), Copper: 0.15mg (7.47%), Magnesium: 26.65mg (6.66%), Vitamin K: 5.53µg (5.27%), Vitamin C: 3.73mg (4.52%), Zinc: 0.66mg (4.39%), Potassium: 142.36mg (4.07%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.39mg (3.93%), Calcium: 38.8mg (3.88%), Vitamin E: 0.33mg (2.18%), Vitamin A: 82.32IU (1.65%), Vitamin B12: 0.07µg (1.09%)