



## Gluten-Free Zucchini Bread

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



210 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder gluten-free
- 0.5 teaspoon baking soda
- 2 eggs
- 1 teaspoon ground cinnamon
- 0.5 cup nuts chopped
- 1.3 cups rice flour gluten free all-purpose
- 0.5 teaspoon salt
- 1 cup sugar

- 1 teaspoon vanilla gluten-free
- 0.7 cup vegetable oil
- 0.5 teaspoon xanthan gum
- 2 cups zucchini shredded

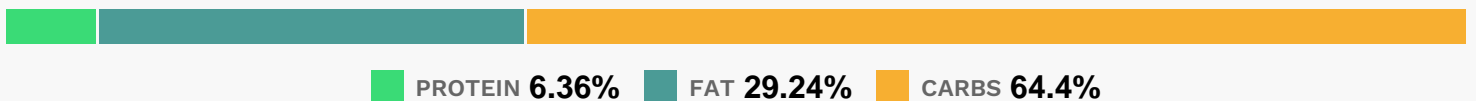
## Equipment

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

## Directions

- Heat oven to 350F. 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:23.31, Glycemic Load:20.89, Inflammation Score:-2, Nutrition Score:4.5473913420802%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 198.18kcal (9.91%), Fat: 6.57g (10.1%), Saturated Fat: 1.1g (6.84%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 31.2g (11.35%), Sugar: 17.24g (19.16%), Cholesterol: 27.28mg (9.09%), Sodium: 194.44mg (8.45%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.21g (6.42%), Manganese: 0.39mg (19.28%), Phosphorus: 72.57mg (7.26%), Selenium: 4.92µg (7.02%), Vitamin B6: 0.14mg (6.85%), Magnesium: 24.17mg (6.04%), Copper: 0.12mg (5.84%), Fiber: 1.33g (5.33%), Vitamin K: 5.42µg (5.16%), Vitamin C: 3.73mg (4.52%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.36mg (3.64%), Zinc: 0.53mg (3.52%), Calcium: 34.8mg (3.48%), Potassium: 114.58mg (3.27%), Vitamin B1: 0.05mg (3.15%), Iron: 0.55mg (3.03%), Folate: 12.08µg (3.02%), Vitamin E: 0.32mg (2.15%), Vitamin A: 82.32IU (1.65%), Vitamin B12: 0.07µg (1.09%)