



2%  
HEALTH SCORE

## Harvest Zucchini Bread

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup flour
- 2 teaspoons baking soda
- 2 eggs
- 2 teaspoons ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 cup nonfat buttermilk
- 8 ounce pineapple crushed canned
- 0.5 cup pistachios coarsely chopped

- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 0.3 cup vegetable oil
- 1 cup flour whole wheat
- 3 cups zucchini shredded unpeeled

## Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F. Spray 2 (8 x 4 inch) loaf pans set aside.
- In medium bowl combine the first six ingredients. Set aside.
- In large bowl beat eggs.
- Add vanilla, buttermilk and vegetable oil and blend.
- Add Stevia Extract In The Raw and Sugar In The Raw. Blend well.
- Add grated zucchini and dry ingredients.
- Mix well. Stir in pineapple and nuts and mix until blended.
- Pour batter evenly into both loaf pans. Set in oven on middle rack and bake at 350 degrees F for about 50 minutes or until toothpick comes out clean when inserted.
- Remove from oven and cool in pans for about 25 minutes or until cool.
- Remove from pan and continue to cool on a rack before slicing to serve.

## Nutrition Facts



**PROTEIN 10.64%** **FAT 44.98%** **CARBS 44.38%**

## Properties

Glycemic Index:11.44, Glycemic Load:4.52, Inflammation Score:-3, Nutrition Score:6.2917390621227%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 140.1kcal (7.01%), Fat: 7.18g (11.04%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 13.97g (5.08%), Sugar: 3.29g (3.66%), Cholesterol: 20.56mg (6.85%), Sodium: 296.91mg (12.91%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.82g (7.64%), Manganese: 0.49mg (24.66%), Selenium: 9.35µg (13.36%), Vitamin B1: 0.16mg (10.65%), Vitamin K: 9.71µg (9.25%), Vitamin B6: 0.16mg (7.89%), Fiber: 1.97g (7.86%), Phosphorus: 75.02mg (7.5%), Folate: 28.47µg (7.12%), Vitamin C: 5.78mg (7%), Vitamin B2: 0.11mg (6.33%), Copper: 0.13mg (6.25%), Magnesium: 23.89mg (5.97%), Iron: 1.03mg (5.72%), Vitamin B3: 1.04mg (5.19%), Potassium: 162.79mg (4.65%), Vitamin E: 0.61mg (4.08%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.23mg (2.32%), Calcium: 20.17mg (2.02%), Vitamin A: 100.68IU (2.01%)