



Healthified Zucchini Bread

 Vegetarian  Dairy Free

READY IN



155 min.

SERVINGS



24

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup canola oil
- 0.8 cup eggs fat-free
- 1.5 cups flour all-purpose gold medal®
- 3 teaspoons ground cinnamon
- 1 teaspoon salt
- 1.5 cups sugar

- 1 cup apple sauce unsweetened
- 2 teaspoons vanilla
- 0.5 cup walnut pieces chopped
- 1.5 cups flour whole wheat gold medal®
- 2.5 cups zucchini shredded (2 medium)

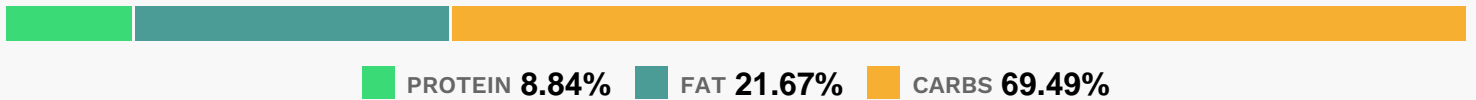
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Heat oven to 350°F. Spray bottoms only of 2 (8x4-inch) loaf pans with cooking spray.
- In large bowl, mix zucchini, applesauce, oil, egg product, vanilla and sugar until well blended. Stir in all remaining ingredients except walnuts until well blended. Stir in walnuts. Spoon batter evenly into pans.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:5.134347739427%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 145.18kcal (7.26%), Fat: 3.6g (5.54%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 24.45g (8.89%), Sugar: 13.94g (15.49%), Cholesterol: 28.25mg (9.42%), Sodium: 159.47mg (6.93%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.31g (6.62%), Manganese: 0.51mg (25.71%), Selenium: 9.87µg (14.11%), Vitamin B1: 0.12mg (7.92%), Folate: 26.97µg (6.74%), Phosphorus: 65.19mg (6.52%), Vitamin B2: 0.11mg (6.31%), Fiber: 1.55g (6.2%), Iron: 0.94mg (5.22%), Magnesium: 19.59mg (4.9%), Copper: 0.1mg (4.89%), Vitamin B3: 0.94mg (4.69%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.47mg (3.16%), Vitamin C: 2.45mg (2.98%), Potassium: 99.9mg (2.85%), Vitamin B5: 0.24mg (2.41%), Vitamin E: 0.36mg (2.37%), Calcium: 18.01mg (1.8%), Vitamin K: 1.6µg (1.53%), Vitamin A: 71.69IU (1.43%), Vitamin B12: 0.07µg (1.13%), Vitamin D: 0.15µg (1.01%)