



Honey Butter Zucchini Bread

 Vegetarian

READY IN



210 min.

SERVINGS



12

CALORIES



486 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup butter melted
- 0.5 cup coconut flakes flaked
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- 3 eggs
- 1 tablespoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup honey
- 1 teaspoon salt

- 3 cups self raising flour
- 2 tablespoons vanilla extract
- 0.5 cup vegetable oil
- 1 cup walnut pieces chopped
- 1.7 cups granulated sugar white
- 3 cups zucchini grated unpeeled

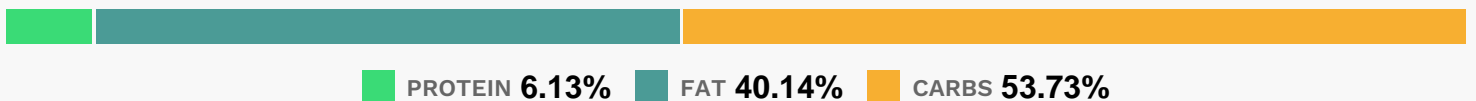
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks
- ziploc bags

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans. Stir together the flour, cinnamon, nutmeg, and salt in a bowl until blended. Set aside.
- Whisk eggs, sugar, oil, butter, honey, and vanilla together in a large bowl. Stir in zucchini, walnuts, and coconut.
- Add the flour mixture and stir until well combined. Divide the batter between the prepared loaf pans.
- Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool completely. Store loaves overnight in plastic bags for best flavor.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:40.41, Inflammation Score:-4, Nutrition Score:9.3104347612547%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 486.41kcal (24.32%), Fat: 22.21g (34.17%), Saturated Fat: 10.26g (64.12%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 63.62g (23.13%), Sugar: 41.32g (45.92%), Cholesterol: 61.26mg (20.42%), Sodium: 277.27mg (12.06%), Alcohol: 0.75g (100%), Alcohol %: 0.61% (100%), Protein: 7.63g (15.26%), Manganese: 0.97mg (48.48%), Selenium: 18.03µg (25.76%), Copper: 0.3mg (15.22%), Fiber: 3.27g (13.07%), Phosphorus: 115.77mg (11.58%), Magnesium: 37.78mg (9.45%), Folate: 33.78µg (8.45%), Vitamin B2: 0.14mg (8.01%), Vitamin B6: 0.16mg (7.99%), Vitamin A: 362.39IU (7.25%), Vitamin C: 5.88mg (7.13%), Iron: 1.25mg (6.92%), Zinc: 1.01mg (6.73%), Potassium: 225.38mg (6.44%), Vitamin K: 5.96µg (5.67%), Vitamin B1: 0.08mg (5.47%), Vitamin E: 0.76mg (5.07%), Vitamin B5: 0.5mg (5.04%), Calcium: 37.79mg (3.78%), Vitamin B3: 0.65mg (3.26%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.22µg (1.47%)