



Lemon-Poppy Seed Zucchini Bread

 Vegetarian

READY IN



100 min.

SERVINGS



20

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon lemon zest
- ☐ 2 teaspoons poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour

- ☐ 1.3 cups sugar
- ☐ 1 cup zucchini shredded

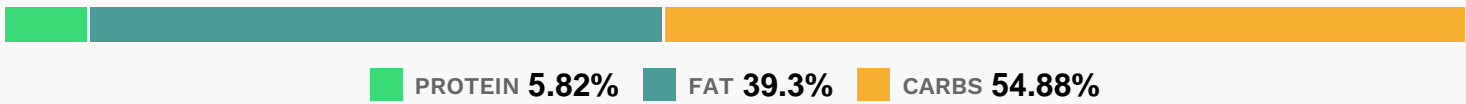
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour, salt, and baking soda.
- ☐ Add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in zucchini and next 2 ingredients. Spoon batter into 3 greased and floured 5- x 3-inch disposable aluminum foil loaf pans (about 1 1/3 cups batter per pan).
- ☐ Bake at 325 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 30 minutes).

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:14.51, Inflammation Score:-2, Nutrition Score:2.8221739012262%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 151.03kcal (7.55%), Fat: 6.71g (10.32%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.68g (7.52%), Sugar: 13.74g (15.26%), Cholesterol: 43.49mg (14.5%), Sodium: 114.81mg (4.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Selenium: 5.89µg (8.41%), Vitamin B2: 0.1mg (5.95%), Folate: 22.97µg (5.74%), Vitamin B1: 0.08mg (5.57%), Manganese: 0.1mg (4.92%), Vitamin A: 230.69IU (4.61%), Phosphorus: 35.71mg (3.57%), Iron: 0.63mg (3.52%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.2mg (1.96%), Vitamin C: 1.55mg (1.88%), Calcium: 18.65mg (1.87%), Vitamin E: 0.25mg (1.68%), Fiber: 0.41g (1.62%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.47%), Copper: 0.03mg (1.47%), Magnesium: 5.85mg (1.46%), Potassium: 48.03mg (1.37%)