



Lemon Rosemary Zucchini Bread



Vegetarian



Popular

READY IN



60 min.

SERVINGS



16

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 390 grams flour
- ☐ 2 teaspoons baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 Tbsp rosemary fresh minced
- ☐ 2 eggs
- ☐ 0.5 cup butter unsalted melted
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoons salt salted (omit if using butter)

- ☐ 1.3 cup sugar
- ☐ 1 Tbsp lemon zest
- ☐ 3 cups zucchini grated (from 1 pound of zucchini)

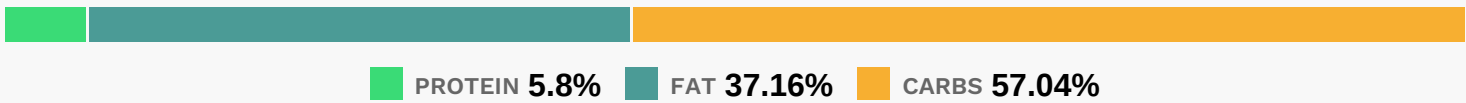
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Preheat oven to 350F. Prepare two 4x9–inch loaf pans, either coating with butter or spraying with baking spray.
- ☐ In a large bowl, whisk together the flour, baking soda, baking powder, salt, and rosemary.
- ☐ Beat the eggs in a mixer (or by hand) until frothy. Beat in the sugar. Beat in the melted butter and olive oil. Stir in the lemon zest and grated zucchini.
- ☐ Add the dry ingredients to the wet, a third at a time, stirring after each incorporation.
- ☐ Divide batter/dough into two loaf pans.
- ☐ Bake in a 350°F oven for 45 to 50 minutes. Test after 40 minutes. If you gently press down on the surface of the loaf, it should bounce back, and a bamboo skewer inserted into the center should come out clean.
- ☐ Remove from the oven.
- ☐ Let cool for a few minutes and then remove the loaves from their pans to cool on a rack.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:24.47, Inflammation Score:-4, Nutrition Score:5.4978260890297%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 243.04kcal (12.15%), Fat: 10.16g (15.62%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 34.11g (12.4%), Sugar: 16.28g (18.09%), Cholesterol: 36.05mg (12.02%), Sodium: 162.29mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.2mg (13.64%), Folate: 53.27µg (13.32%), Manganese: 0.21mg (10.59%), Vitamin B2: 0.17mg (10.2%), Vitamin B3: 1.55mg (7.77%), Iron: 1.37mg (7.62%), Vitamin C: 4.69mg (5.69%), Vitamin A: 263.78IU (5.28%), Phosphorus: 50.71mg (5.07%), Vitamin E: 0.76mg (5.04%), Fiber: 0.96g (3.84%), Vitamin K: 3.63µg (3.46%), Vitamin B6: 0.06mg (2.98%), Potassium: 98.48mg (2.81%), Copper: 0.05mg (2.73%), Magnesium: 10.64mg (2.66%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.33mg (2.18%), Calcium: 20.91mg (2.09%), Vitamin D: 0.22µg (1.44%), Vitamin B12: 0.06µg (1.02%)