



Lemony Squash Bread

 Vegetarian

READY IN



77 min.

SERVINGS



12

CALORIES



194 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 6 ounce carton lemon yogurt low-fat

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons lemon rind fresh grated
- ☐ 0.3 cup powdered sugar sifted
- ☐ 1 teaspoon salt
- ☐ 0.7 cup baby squash shredded yellow (1 small)

Equipment

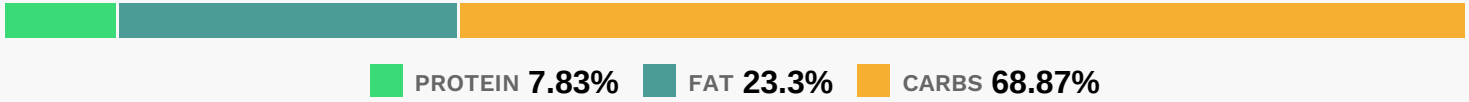
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Press squash between several layers of paper towels to absorb excess moisture. Fluff squash with a fork, and toss with 2 tablespoons flour; set aside.
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a bowl; set aside.
- ☐ Beat butter with a mixer at medium speed until creamy; gradually add granulated sugar.
- ☐ Add eggs, and beat at medium speed just until blended.
- ☐ Combine yogurt and milk in a small bowl.
- ☐ Add flour mixture to sugar mixture alternately with yogurt mixture, beginning and ending with flour mixture. Stir in squash and lemon rind. Spoon batter into an 8 x 4-inch loaf pan coated

- with cooking spray.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan. Cool completely on a wire rack.
- ☐ Combine lemon juice and powdered sugar, stirring with a whisk; pour over loaf.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:21.17, Inflammation Score:-2, Nutrition Score:4.5930434491323%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 193.73kcal (9.69%), Fat: 5.09g (7.83%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 33.2g (12.07%), Sugar: 20.62g (22.92%), Cholesterol: 42.17mg (14.06%), Sodium: 284.13mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Selenium: 9.03µg (12.9%), Vitamin B2: 0.17mg (10.21%), Vitamin B1: 0.15mg (9.94%), Folate: 38.8µg (9.7%), Phosphorus: 71.64mg (7.16%), Manganese: 0.13mg (6.53%), Calcium: 63.27mg (6.33%), Iron: 1.02mg (5.67%), Vitamin B3: 1.06mg (5.31%), Vitamin A: 193.95IU (3.88%), Vitamin C: 2.95mg (3.58%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.19µg (3.19%), Zinc: 0.4mg (2.69%), Potassium: 92.21mg (2.63%), Fiber: 0.64g (2.54%), Vitamin B6: 0.05mg (2.38%), Magnesium: 9.22mg (2.3%), Copper: 0.04mg (1.9%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.22mg (1.49%)