



Loaded Zucchini Bread

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup buttermilk
- 2 teaspoons cinnamon
- 0.5 cup candied ginger chopped
- 0.5 cup chocolate dark chopped
- 1 cup cranberries dried
- 3 large eggs at room temperature

- 1.5 cups flour all-purpose
- 1 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 1 cup pecans toasted chopped
- 0.5 teaspoon salt
- 1.5 cups sugar
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 0.5 cup coconut shredded unsweetened
- 1.5 cups flour whole-wheat
- 3 cups zucchini grated

Equipment

- bowl
- oven
- wire rack
- blender
- loaf pan
- hand mixer
- skewers

Directions

- Preheat oven to 350F. Grease 2 9-by-5-inch loaf pans. Tap a thin layer of flour into each to coat; discard excess.
- Sift both flours, baking powder, baking soda, cinnamon, ground ginger, nutmeg and salt into a medium bowl. In a large bowl, using an electric mixer on medium-high speed, beat butter and sugar until light, about 3 minutes.
- Add eggs, 1 at a time, beating after each. Scrape down sides of bowl.
- Reduce mixer speed to low and add half of flour mixture, then buttermilk, then remaining flour mixture, beating after each addition until just combined. Scrape bowl and beaters as needed. Fold in zucchini, cranberries, pecans, coconut, crystallized ginger and chocolate. Divide batter

between loaf pans, spreading evenly.

Bake until loaves are golden and a skewer inserted into center of a loaf comes out clean, about 1 hour.

Let loaves cool in pans on a wire rack for 10 minutes, then remove from pans and let cool completely.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:8.12, Inflammation Score:-2, Nutrition Score:4.3095651761345%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 145.19kcal (7.26%), Fat: 6.62g (10.19%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.83g (6.85%), Sugar: 12.16g (13.51%), Cholesterol: 20.37mg (6.79%), Sodium: 78.12mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Manganese: 0.47mg (23.64%), Selenium: 6.24µg (8.92%), Fiber: 1.61g (6.46%), Copper: 0.12mg (5.89%), Vitamin B1: 0.09mg (5.77%), Phosphorus: 54.6mg (5.46%), Iron: 0.89mg (4.97%), Magnesium: 19.35mg (4.84%), Vitamin B2: 0.07mg (4.2%), Folate: 15.51µg (3.88%), Vitamin B3: 0.63mg (3.17%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.05mg (2.74%), Potassium: 91.44mg (2.61%), Vitamin A: 116.88IU (2.34%), Calcium: 21.07mg (2.11%), Vitamin C: 1.72mg (2.09%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.27mg (1.83%), Vitamin K: 1.24µg (1.18%), Vitamin D: 0.16µg (1.04%)