



Make-Ahead Zucchini Apple Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



405 kcal

Ingredients

- ☐ 18 oz all purpose flour
- ☐ 1 cup apples grated peeled (Granny Smith or Cortland)
- ☐ 1 tablespoons baking soda
- ☐ 1.5 cups canola oil (I used vegetable oil)
- ☐ 5 large eggs (large)
- ☐ 2 cups granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup brown sugar light packed

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups walnuts toasted chopped ()
- ☐ 2 cups zucchini shredded with paper towels

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Spray three 8x4x3 inch loaf pans with nonstick spray Two 9x5 inch pans also works. In a medium bowl beat the eggs, oil, sugars, and vanilla on medium speed until blended. In a large mixing bowl, combine the flour, baking soda, cinnamon, nutmeg and salt.
- ☐ Add the egg mixture to the large bowl and mix on low speed until just combined. Stir in the zucchini, apples and walnuts.
- ☐ Pour the batter equally into the 3 loaf pans.
- ☐ Bake for 60–70 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Remove the bread from the pan and cool on a wire rack.– Freezing Directions–When completely cooled, wrap the bread in plastic wrap and place in a labeled freezer bag. Freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:35.57, Inflammation Score:-4, Nutrition Score:10.003043506456%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 404.5kcal (20.23%), Fat: 13.21g (20.32%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 66.4g (22.13%), Net Carbohydrates: 64.18g (23.34%), Sugar: 40.01g (44.46%), Cholesterol: 58.13mg (19.38%), Sodium: 306.44mg (13.32%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.18g (14.36%), Manganese: 0.73mg (36.34%), Selenium: 16.51µg (23.59%), Vitamin B1: 0.3mg (20.18%), Folate: 80.63µg (20.16%), Vitamin B2: 0.27mg (15.73%), Iron: 2.29mg (12.75%), Copper: 0.25mg (12.64%), Phosphorus: 111.12mg (11.11%), Vitamin B3: 2.12mg (10.6%), Fiber: 2.22g (8.87%), Vitamin K: 8.95µg (8.52%), Magnesium: 31.12mg (7.78%), Vitamin B6: 0.13mg (6.73%), Zinc: 0.83mg (5.56%), Potassium: 174.79mg (4.99%), Vitamin B5: 0.5mg (4.98%), Calcium: 44.12mg (4.41%), Vitamin E: 0.64mg (4.26%), Vitamin C: 3.3mg (4%), Vitamin A: 123.33IU (2.47%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.31µg (2.08%)