



Maple Zucchini Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 3 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3 teaspoons maple extract flavored
- ☐ 2 teaspoons salt
- ☐ 1 cup vegetable oil

- ☐ 1 cup walnuts chopped
- ☐ 0.5 cup wheat germ
- ☐ 1 cup sugar white
- ☐ 2 cups zucchini grated

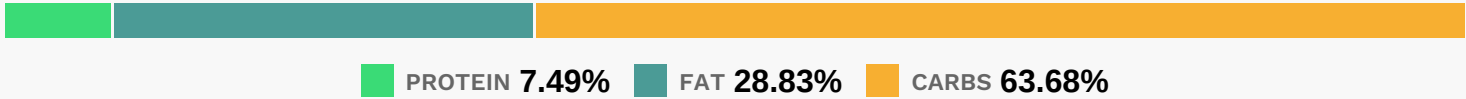
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, beat the 3 eggs; add oil, sugars and flavoring, mixing until foamy. Blend in the flour, wheat germ, baking powder, soda, and salt. Stir in zucchini and nuts.
- ☐ Pour batter into 2 greased bread pans
- ☐ Bake at 325 degrees F (165 degrees C) for 1 hour. Cool.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:19.69, Inflammation Score:-3, Nutrition Score:8.6121738941773%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 270.82kcal (13.54%), Fat: 8.91g (13.7%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 42.64g (15.5%), Sugar: 26.47g (29.42%), Cholesterol: 30.69mg (10.23%), Sodium: 458.63mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Manganese: 0.9mg (45.03%), Selenium: 12.63µg (18.04%), Vitamin B1: 0.26mg (17.08%), Folate: 60.74µg (15.19%), Vitamin B2: 0.18mg (10.59%), Phosphorus: 102.17mg (10.22%), Copper: 0.19mg (9.74%), Iron: 1.67mg (9.26%), Vitamin B3: 1.57mg (7.86%), Magnesium: 29.5mg (7.37%), Vitamin B6: 0.14mg (6.98%), Fiber: 1.65g (6.59%), Zinc: 0.97mg (6.44%), Vitamin K: 5.96µg (5.67%), Potassium: 155.67mg (4.45%), Vitamin B5: 0.38mg (3.85%), Calcium: 37.66mg (3.77%), Vitamin C: 2.87mg (3.48%), Vitamin E: 0.39mg (2.61%), Vitamin A: 77.01IU (1.54%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)