

# Maple Zucchini Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 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 walnut pieces chopped
- 0.5 cup wheat germ
- 1 cup granulated sugar white
- 2 cups zucchini grated

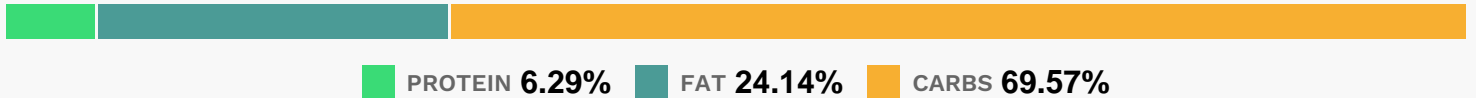
## Equipment

- 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:8.7926088260568%

## 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: 323.07kcal (16.15%), Fat: 8.91g (13.7%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 57.77g (19.26%), Net Carbohydrates: 56.12g (20.41%), Sugar: 39.81g (44.24%), Cholesterol: 30.69mg (10.23%), Sodium: 462.48mg (20.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Manganese: 0.91mg (45.47%), Selenium: 12.8µg (18.28%), Vitamin B1: 0.26mg (17.08%), Folate: 60.88µg (15.22%), Vitamin B2: 0.18mg (10.59%), Phosphorus: 102.72mg (10.27%), Copper: 0.2mg (10.06%), Iron: 1.76mg (9.8%), Vitamin B3: 1.59mg (7.93%), Magnesium: 30.74mg (7.68%), Vitamin B6: 0.15mg (7.26%), Fiber: 1.65g (6.59%), Zinc: 0.97mg (6.47%), Vitamin K: 5.96µg (5.67%), Potassium: 173.95mg (4.97%), Calcium: 49.07mg (4.91%), Vitamin B5: 0.4mg (4.03%), 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%)