



Mini Zucchini Bread

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup canola oil
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons blackstrap molasses
- 0.5 cup pecans chopped

- 0.5 teaspoon salt
- 0.8 cup sugar
- 1.5 teaspoons vanilla extract
- 1 cup zucchini shredded

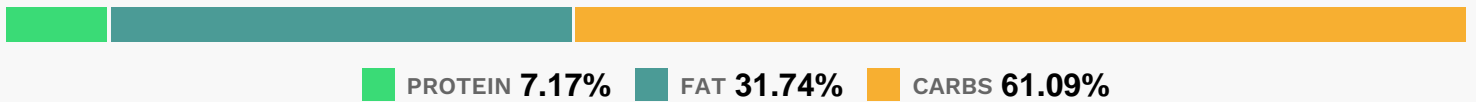
Equipment

- bowl
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the flour, baking powder, salt, cinnamon and baking soda. In a small bowl, whisk the eggs, zucchini, sugar, oil, molasses and vanilla. Stir into dry ingredients just until moistened. Fold in nuts.
- Transfer to two greased and floured 5-in. x 3-3/4-in. x 2-in. loaf pans.
- Bake at 350° for 38-42 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:17.78, Inflammation Score:-2, Nutrition Score:4.8030434484067%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,
Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 169.49kcal (8.47%), Fat: 6.06g (9.33%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 26.26g (8.75%), Net
Carbohydrates: 25.25g (9.18%), Sugar: 13.7g (15.22%), Cholesterol: 27.28mg (9.09%), Sodium: 167.08mg (7.26%),
Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 3.08g (6.17%), Manganese: 0.36mg (18.06%), Selenium:
7.98µg (11.39%), Vitamin B1: 0.16mg (10.71%), Folate: 35.52µg (8.88%), Vitamin B2: 0.13mg (7.6%), Iron: 1.1mg (6.11%),
Phosphorus: 55.56mg (5.56%), Vitamin B3: 1.04mg (5.2%), Copper: 0.09mg (4.68%), Fiber: 1.01g (4.02%),
Magnesium: 13.99mg (3.5%), Calcium: 33.74mg (3.37%), Vitamin E: 0.49mg (3.27%), Zinc: 0.45mg (2.99%), Vitamin
B6: 0.05mg (2.59%), Vitamin B5: 0.25mg (2.49%), Potassium: 86.64mg (2.48%), Vitamin C: 1.9mg (2.31%), Vitamin
K: 2.03µg (1.93%), Vitamin A: 63.06IU (1.26%), Vitamin B12: 0.07µg (1.09%)