



Moist Zucchini Pineapple Sweetbread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



365 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon double-acting baking powder
- 8 oz pineapple crushed drained canned
- 1.5 teaspoons cinnamon
- 1 cup dates chopped
- 3 eggs
- 0.8 teaspoon nutmeg
- 1 cup raisins chopped (or may substitute raisins)
- 1 cup cooking oil

- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups granulated sugar white (I used part brown and part granulated sugar)
- 3 cups flour whole wheat white
- 2 cups zucchini shredded

Equipment

- frying pan
- oven
- knife
- wire rack
- loaf pan
- toothpicks

Directions

- Beat eggs, oil, sugar and vanilla together until creamy
- Sift together the dry ingredients
- Add by thirds into the liquid, mixing well between each addition
- Fold in the nuts and dates
- Pour into 2 greased loaf pans
- Bake in a preheated oven at 350 degrees for approximately 1 hour
- If using a 5x15 inch sweet bread pan, check it at approximately 50 minutes. If using the traditional bread pans, the bread will be higher and need a little longer to bake. Therefore, lower the oven temperature to about 325 degrees and bake a little longer. Bread is finished when it is set and knife or toothpick inserted in center comes out clean
- Cool on wire rack for 15 minutes
- Then turn bread out of pan and finish cooling on rack

Nutrition Facts



■ PROTEIN 6.62% ■ FAT 13.22% ■ CARBS 80.16%

Properties

Glycemic Index:30.24, Glycemic Load:32.75, Inflammation Score:-2, Nutrition Score:5.234347826087%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 365.37kcal (18.27%), Fat: 5.64g (8.67%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 76.9g (25.63%), Net Carbohydrates: 71.49g (26%), Sugar: 44.41g (49.35%), Cholesterol: 40.92mg (13.64%), Sodium: 224.15mg (9.75%), Alcohol: 0.23g (1.27%), Protein: 6.35g (12.71%), Fiber: 5.41g (21.65%), Potassium: 308.83mg (8.82%), Iron: 1.51mg (8.41%), Manganese: 0.15mg (7.73%), Vitamin C: 6.19mg (7.5%), Vitamin B2: 0.11mg (6.52%), Selenium: 4.14µg (5.92%), Vitamin B6: 0.11mg (5.51%), Vitamin E: 0.81mg (5.4%), Copper: 0.11mg (5.3%), Phosphorus: 49.91mg (4.99%), Calcium: 48.81mg (4.88%), Magnesium: 17.25mg (4.31%), Vitamin K: 4.12µg (3.93%), Vitamin B1: 0.05mg (3.56%), Folate: 13.88µg (3.47%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 112.27IU (2.25%), Zinc: 0.3mg (1.97%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)