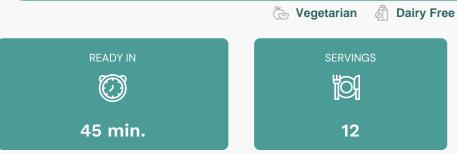


Moist Zucchini Pineapple Sweetbread







SIDE DISH

Ingredients

1 cup cooking oil

U.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 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
Eq	uipment
	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

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

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%)