



Mom's Pineapple-Zucchini Bread

 Vegetarian

READY IN



210 min.

SERVINGS



12

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup buttermilk
- ☐ 8 ounce pineapple crushed drained well canned
- ☐ 1 cup carrots shredded
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.8 teaspoon ground nutmeg
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 1 cup walnuts finely chopped
- ☐ 2 cups coarsely zucchini shredded

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans.
- ☐ Whisk together the flour, salt, baking soda, baking powder, cinnamon, and nutmeg in a bowl; set aside.
- ☐ Beat the eggs together with the sugar, buttermilk, vegetable oil, and vanilla extract in a bowl until smooth. Stir in the dry mixture until just moistened, then fold in the zucchini, carrots, pineapple, walnuts, and raisins until evenly combined. Divide the batter between the prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the bread comes out clean, about 50 minutes. Cool in the pans for 10 minutes, then remove and finish cooling on a wire rack before slicing.

Nutrition Facts



 PROTEIN 6.8%  FAT 23.65%  CARBS 69.55%

Properties

Glycemic Index:40.31, Glycemic Load:46.38, Inflammation Score:-8, Nutrition Score:12.475217404573%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 410.14kcal (20.51%), Fat: 11.1g (17.07%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 73.43g (24.48%), Net Carbohydrates: 70.2g (25.53%), Sugar: 37.98g (42.2%), Cholesterol: 42.02mg (14.01%), Sodium: 433.82mg (18.86%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 7.18g (14.37%), Vitamin A: 1911.47IU (38.23%), Manganese: 0.68mg (34.21%), Vitamin B1: 0.34mg (22.49%), Selenium: 15.23µg (21.76%), Folate: 80.82µg (20.2%), Vitamin B2: 0.3mg (17.36%), Copper: 0.29mg (14.4%), Iron: 2.47mg (13.7%), Fiber: 3.23g (12.92%), Phosphorus: 123.86mg (12.39%), Vitamin B3: 2.37mg (11.83%), Magnesium: 36.57mg (9.14%), Potassium: 319.55mg (9.13%), Vitamin B6: 0.17mg (8.72%), Vitamin C: 6.9mg (8.36%), Vitamin K: 7.94µg (7.56%), Calcium: 58.19mg (5.82%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.48mg (4.77%), Vitamin E: 0.54mg (3.58%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.35µg (2.33%)