



Pineapple Zucchini Bread

 Dairy Free  Popular

READY IN



120 min.

SERVINGS



12

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1 teaspoon plus
- 2 eggs slightly beaten
- 2 cups flour all-purpose gold medal®
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon

- 1 tablespoon pineapple
- 8 oz pineapple rings crushed undrained canned
- 0.5 cup powdered sugar
- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped
- 1 cup zucchini shredded (1 small)

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease and flour bottom only of 9x5-inch loaf pan. In large bowl with electric mixer, beat brown sugar and butter on medium speed until light and fluffy. With spoon, stir in zucchini, pineapple and eggs. Stir in flour, baking soda, 1 teaspoon cinnamon, the salt and allspice until well blended. Fold in walnuts.
- Spread evenly in pan.
- Bake 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool 30 minutes.
- In small bowl, mix all glaze ingredients until smooth; spoon over warm loaf. Cool completely, about 1 hour. Store in refrigerator.

Nutrition Facts



PROTEIN 5.59% FAT 35.54% CARBS 58.87%

Properties

Glycemic Index:17.31, Glycemic Load:11.81, Inflammation Score:-4, Nutrition Score:6.2834783015044%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 291.61kcal (14.58%), Fat: 11.76g (18.08%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 42.52g (15.46%), Sugar: 26.6g (29.56%), Cholesterol: 27.28mg (9.09%), Sodium: 246.58mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Manganese: 0.36mg (18.04%), Selenium: 9.91µg (14.16%), Vitamin B1: 0.21mg (13.97%), Folate: 50.29µg (12.57%), Vitamin B2: 0.16mg (9.55%), Vitamin A: 410.08IU (8.2%), Iron: 1.47mg (8.18%), Copper: 0.15mg (7.46%), Vitamin B3: 1.42mg (7.1%), Phosphorus: 62.22mg (6.22%), Vitamin C: 4.32mg (5.23%), Fiber: 1.29g (5.15%), Magnesium: 20.03mg (5.01%), Vitamin B6: 0.09mg (4.44%), Potassium: 134.75mg (3.85%), Calcium: 35.78mg (3.58%), Zinc: 0.46mg (3.04%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.07µg (1.25%)