

Star Zucchini Bread



Vegetarian



Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



3 cups flour all-purpose



2 cups zucchini shredded



1.5 cups brown sugar packed



0.7 cup vegetable oil



1 tablespoon double-acting baking powder



2 teaspoons ground cinnamon



1 teaspoon salt



0.3 teaspoon nutmeg

☐ 4 eggs

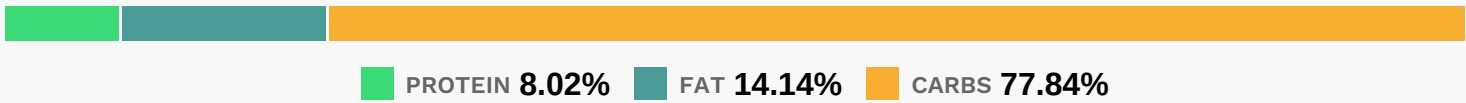
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Heat oven to 350°F. Generously spray 12-cup star-shaped bundt cake pan with cooking spray.
- ☐ Mix all ingredients with spoon until well blended.
- ☐ Pour into pan.
- ☐ Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Turn pan upside down onto wire rack; remove pan. Cool completely on wire rack, about 1 hour. Note: The bundt pan used in this recipe, as well as other houseware items, is available in the Betty Crocker® Catalog. Click the link "Catalog Shopping" on the top of this page to shop Betty Crocker online, then search for: star bundt.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:21.1, Inflammation Score:-4, Nutrition Score:9.224782684575%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 318.87kcal (15.94%), Fat: 5.05g (7.77%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 62.57g (20.86%), Net Carbohydrates: 61.08g (22.21%), Sugar: 32.82g (36.47%), Cholesterol: 65.47mg (21.82%), Sodium: 396.76mg (17.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Selenium: 18.58µg (26.54%), Vitamin B1:

0.31mg (20.86%), Folate: 83.24µg (20.81%), Manganese: 0.4mg (19.89%), Vitamin B2: 0.29mg (17.01%), Iron: 2.54mg (14.13%), Calcium: 121.6mg (12.16%), Vitamin B3: 2.38mg (11.91%), Phosphorus: 112.75mg (11.27%), Vitamin K: 6.7µg (6.38%), Fiber: 1.49g (5.94%), Vitamin C: 4.46mg (5.4%), Vitamin B5: 0.53mg (5.3%), Vitamin B6: 0.1mg (5.05%), Potassium: 175.22mg (5.01%), Copper: 0.1mg (4.87%), Magnesium: 18.46mg (4.61%), Zinc: 0.59mg (3.92%), Vitamin E: 0.48mg (3.23%), Vitamin A: 145.87IU (2.92%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%)