



Summer Squash Bread

 Vegetarian  Dairy Free  Popular

READY IN



60 min.

SERVINGS



16

CALORIES



223 kcal

BREAD

Ingredients

- 3 teaspoons double-acting baking powder
- 3 eggs beaten
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 2 cups summer squash shredded
- 2 teaspoons vanilla extract
- 1 cup vegetable oil

2 cups sugar white

Equipment

bowl

oven

knife

baking pan

hand mixer

Directions

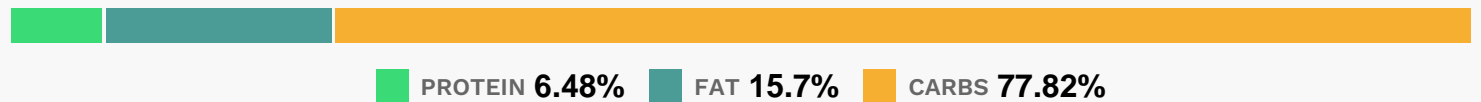
Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.

In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking powder, cinnamon, and nutmeg. Fold in the squash.

Transfer to the prepared baking dish.

Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:30.74, Inflammation Score:-2, Nutrition Score:5.3821739373%

Nutrients (% of daily need)

Calories: 223.48kcal (11.17%), Fat: 3.94g (6.06%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 42.94g (15.61%), Sugar: 25.49g (28.33%), Cholesterol: 30.69mg (10.23%), Sodium: 92.33mg (4.01%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 3.66g (7.31%), Selenium: 10.67µg (15.24%), Vitamin B1: 0.19mg (13%), Folate: 51.07µg (12.77%), Manganese: 0.24mg (12%), Vitamin B2: 0.18mg (10.53%), Iron: 1.41mg (7.81%), Vitamin B3: 1.47mg (7.34%), Phosphorus: 64.17mg (6.42%), Calcium: 57.59mg (5.76%), Vitamin K: 5.61µg (5.34%), Fiber: 0.97g (3.9%), Vitamin C: 2.42mg (2.93%), Vitamin B6: 0.06mg (2.8%), Copper: 0.05mg (2.62%), Vitamin B5: 0.25mg (2.52%), Magnesium: 9.42mg (2.35%), Vitamin E: 0.35mg (2.31%), Potassium: 76.81mg (2.19%), Zinc: 0.32mg (2.16%), Vitamin A: 73.79IU (1.48%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)