



Super Moist Zucchini Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 tablespoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1 cup apple sauce unsweetened

- ☐ 3 tablespoons vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 3 cups zucchini grated

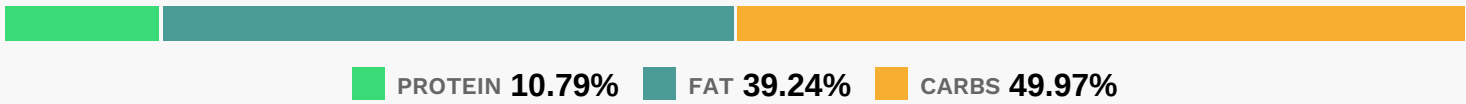
Equipment

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

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Grease 2 8x4-inch loaf pans or 2 12-cup muffin pans.
- ☐ Place the zucchini in a strainer and set aside to drain into a bowl or sink.
- ☐ Sift the flour, cinnamon, baking soda, baking powder, and salt together in a large bowl. Create a well in the middle of the flour mixture; combine the applesauce, vanilla, eggs, butter, walnuts, and drained zucchini in the center of the well.
- ☐ Mix until all ingredients are combined into a batter; pour into the loaf pans.
- ☐ Bake the loaves in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour for loaves or 25 minutes for muffins. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:26.4, Inflammation Score:-6, Nutrition Score:15.746956524642%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 369.94kcal (18.5%), Fat: 16.04g (24.68%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 41.32g (15.03%), Sugar: 5.28g (5.87%), Cholesterol: 72.67mg (24.22%), Sodium: 543.97mg (23.65%), Alcohol: 1.68g (100%), Alcohol %: 1.25% (100%), Protein: 9.93g (19.85%), Manganese: 1.45mg (72.48%), Selenium: 22.01µg (31.44%), Vitamin B1: 0.45mg (30.32%), Folate: 120.28µg (30.07%), Vitamin B2: 0.39mg (22.91%), Iron: 3.45mg (19.14%), Fiber: 4.64g (18.56%), Copper: 0.36mg (17.94%), Phosphorus: 167.52mg (16.75%), Vitamin B3: 3.24mg (16.21%), Magnesium: 47.32mg (11.83%), Vitamin B6: 0.22mg (10.87%), Vitamin C: 8.93mg (10.83%), Calcium: 100.68mg (10.07%), Potassium: 302.92mg (8.65%), Zinc: 1.22mg (8.11%), Vitamin A: 333.92IU (6.68%), Vitamin B5: 0.67mg (6.67%), Vitamin E: 0.6mg (4%), Vitamin K: 4.04µg (3.85%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.33µg (2.2%)