

## Super Moist Zucchini Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



274 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
- 3 cups zucchini grated

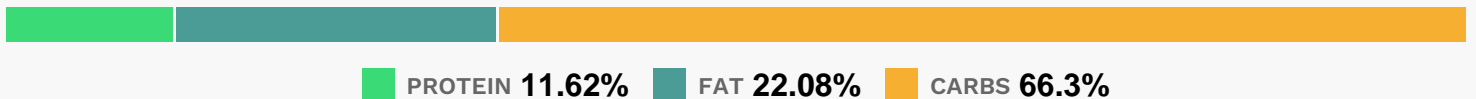
## Equipment

- 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:29.63, Glycemic Load:26.19, Inflammation Score:-5, Nutrition Score:12.43521739089%

## Flavonoids

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: 274.29kcal (13.71%), Fat: 6.51g (10.01%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 40.3g (14.65%), Sugar: 4.9g (5.44%), Cholesterol: 72.67mg (24.22%), Sodium: 543.68mg (23.64%), Alcohol: 1.68g (100%), Alcohol %: 1.37% (100%), Protein: 7.7g (15.41%), Manganese: 0.95mg (47.51%), Selenium: 21.29µg (30.41%), Vitamin B1: 0.4mg (26.99%), Folate: 105.95µg (26.49%), Vitamin B2: 0.37mg (21.62%), Iron: 3.02mg (16.78%), Vitamin B3: 3.08mg (15.39%), Fiber: 3.66g (14.64%), Phosphorus: 116.92mg (11.69%), Vitamin C: 8.74mg (10.6%), Calcium: 86.35mg (8.63%), Vitamin B6: 0.14mg (6.94%), Potassium: 238.43mg (6.81%), Vitamin A: 330.99IU (6.62%), Copper: 0.13mg (6.31%), Magnesium: 24.21mg (6.05%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.76mg (5.1%), Vitamin K: 3.65µg (3.47%), Vitamin E: 0.5mg (3.32%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.33µg (2.2%)