



## Wendy's Zucchini Bread



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



392 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup canola oil
- ☐ 3 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups unbleached flour all-purpose
- ☐ 1 tablespoon vanilla extract

- ☐ 1.5 cups flour whole-wheat white
- ☐ 1.5 cups sugar white
- ☐ 2 cups zucchini grated

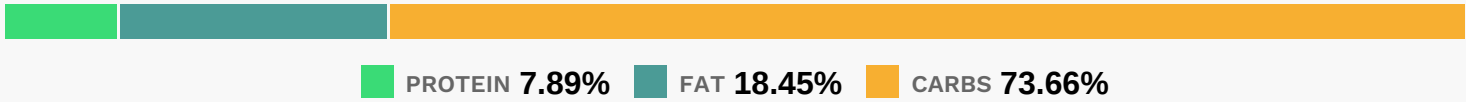
## Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease and flour 2 4x8-inch loaf pans.
- ☐ Beat eggs, sugar, canola oil, vanilla extract, and zucchini together in a large bowl until well combined.
- ☐ In a separate bowl, sift together unbleached flour, white whole-wheat flour, baking soda, baking powder, salt, and cinnamon.
- ☐ Mix the dry ingredients into the zucchini mixture, a little at a time, stirring until just combined.
- ☐ Pour the batter into the prepared loaf pans.
- ☐ Bake in the preheated oven until bread is lightly browned and a toothpick inserted into the center comes out clean, 40 to 50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.14, Glycemic Load:39.29, Inflammation Score:-4, Nutrition Score:12.986521679422%

## Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 391.84kcal (19.59%), Fat: 8.19g (12.61%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 73.59g (24.53%), Net Carbohydrates: 69.71g (25.35%), Sugar: 38.64g (42.94%), Cholesterol: 61.38mg (20.46%), Sodium: 408.76mg (17.77%), Alcohol: 0.56g (100%), Alcohol %: 0.44% (100%), Protein: 7.89g (15.78%), Manganese: 1.31mg (65.74%), Selenium: 27.24µg (38.91%), Vitamin B1: 0.32mg (21.19%), Folate: 68.05µg (17.01%), Vitamin B2: 0.27mg (15.68%), Phosphorus: 156.3mg (15.63%), Fiber: 3.88g (15.53%), Iron: 2.43mg (13.52%), Vitamin B3: 2.67mg (13.36%), Magnesium: 44.41mg (11.1%), Vitamin E: 1.39mg (9.25%), Vitamin B6: 0.18mg (9.12%), Copper: 0.16mg (8.08%), Zinc: 1.09mg (7.24%), Vitamin C: 5.59mg (6.77%), Potassium: 217.99mg (6.23%), Vitamin K: 6.19µg (5.89%), Vitamin B5: 0.56mg (5.59%), Calcium: 50.76mg (5.08%), Vitamin A: 156.07IU (3.12%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)