



## Whole Wheat Zucchini Bread

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



1739 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 0.5 cup canola oil
- 6 eggs beaten
- 4 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 1 cup honey

- 2 teaspoons salt
- 1 teaspoon vanilla extract
- 2 cups flour whole wheat
- 4 cups zucchini grated

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- loaf pan
- ziploc bags

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease three 8x4 inch loaf pans and set aside.
- In a large bowl, whisk together the eggs, honey, brown sugar, oil and vanilla.
- Combine the whole wheat flour, all-purpose flour, cinnamon, baking powder, baking soda and salt; stir into the wet ingredients until moistened. Gently stir in the zucchini and walnuts until evenly distributed. Divide batter evenly between the prepared pans.
- Bake for 50 to 60 minutes in the preheated oven, or until a knife inserted into the crown comes out clean. Cool in the pan until cool enough to touch, then turn out onto a wire rack to cool completely. Wrap in plastic wrap or store in a plastic bag when cool.

## Nutrition Facts



**PROTEIN 9.28%** **FAT 10.09%** **CARBS 80.63%**

## Properties

Glycemic Index:79.76, Glycemic Load:141.84, Inflammation Score:-9, Nutrition Score:51.586521356002%

## Flavonoids

Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 1739.23kcal (86.96%), Fat: 20.06g (30.87%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 360.79g (120.26%), Net Carbohydrates: 343.02g (124.73%), Sugar: 169.43g (188.25%), Cholesterol: 327.36mg (109.12%), Sodium: 2731.41mg (118.76%), Alcohol: 0.46g (100%), Alcohol %: 0.08% (100%), Protein: 41.51g (83.03%), Manganese: 5.78mg (289.19%), Selenium: 135.25µg (193.22%), Vitamin B1: 1.82mg (121.39%), Folate: 424.55µg (106.14%), Vitamin B2: 1.56mg (91.72%), Iron: 14.51mg (80.63%), Phosphorus: 772.04mg (77.2%), Vitamin B3: 14.91mg (74.56%), Fiber: 17.78g (71.11%), Magnesium: 199.57mg (49.89%), Vitamin B6: 0.88mg (44.2%), Copper: 0.81mg (40.73%), Calcium: 406.82mg (40.68%), Vitamin C: 30.36mg (36.8%), Zinc: 5.28mg (35.23%), Potassium: 1203.8mg (34.39%), Vitamin B5: 3.09mg (30.92%), Vitamin E: 3.22mg (21.47%), Vitamin A: 828.8IU (16.58%), Vitamin K: 16.38µg (15.6%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)