



Yogurt-Zucchini Bread with Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup vegetable oil

- ☐ 4 ounces walnut halves
- ☐ 1 cup coarsely zucchini grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ cutting board

Directions

- ☐ Preheat the oven to 32
- ☐ Butter and flour a 9-by-4 1/2-inch metal loaf pan.
- ☐ Spread the walnut halves in a pie plate and toast them for about 8 minutes, until they are fragrant.
- ☐ Transfer the toasted walnuts to a cutting board and coarsely chop them, then freeze for 5 minutes to cool.
- ☐ In a large bowl, whisk the flour with the baking powder, baking soda and salt. In a medium bowl, mix the sugar with the eggs, vegetable oil and fat-free yogurt.
- ☐ Add the wet ingredients to the dry ingredients along with the grated zucchini and toasted walnuts and stir until the batter is evenly moistened. Scrape the batter into the prepared pan and bake for about 1 hour and 10 minutes, until the loaf is risen and a toothpick inserted in the center comes out clean.
- ☐ Let the loaf cool on a rack for 30 minutes before unmolding and serving.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:30.65, Inflammation Score:-4, Nutrition Score:10.032174001569%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 328.85kcal (16.44%), Fat: 13.48g (20.73%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 43.6g (15.85%), Sugar: 20g (22.23%), Cholesterol: 41.54mg (13.85%), Sodium: 262.7mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Manganese: 0.73mg (36.49%), Selenium: 16.05µg (22.93%), Vitamin B1: 0.31mg (20.52%), Folate: 80.84µg (20.21%), Vitamin B2: 0.28mg (16.42%), Copper: 0.29mg (14.5%), Phosphorus: 132.94mg (13.29%), Iron: 2.16mg (12%), Vitamin B3: 2.11mg (10.54%), Magnesium: 34.83mg (8.71%), Fiber: 1.95g (7.8%), Vitamin B6: 0.14mg (7.09%), Zinc: 0.92mg (6.11%), Vitamin K: 6.19µg (5.89%), Calcium: 56.06mg (5.61%), Potassium: 169.66mg (4.85%), Vitamin B5: 0.46mg (4.59%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.48mg (3.17%), Vitamin B12: 0.19µg (3.09%), Vitamin A: 93.74IU (1.87%), Vitamin D: 0.22µg (1.47%)