



## Zucchini Apple Bread

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



346 kcal

BREAD

### Ingredients

- 1 cup apples peeled chopped
- 1.5 teaspoons baking soda
- 1 cup brown sugar
- 4 eggs
- 3.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

- 0.5 cup vegetable oil
- 0.5 cup walnuts chopped
- 1 cup sugar white
- 2 cups zucchini peeled chopped

## Equipment

- bowl
- oven
- wire rack
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 2 - 9x5 inch loaf pans.
- In a large bowl, combine eggs, white sugar, brown sugar, oil and vanilla until well blended. In a separate bowl, combine flour, baking soda, salt and cinnamon. Stir flour mixture into egg mixture. Fold in walnuts, zucchini and apple.
- Pour into prepared pans.
- Bake 1 hour, or until top springs back when touched lightly in center.
- Let cool in pans 10 minutes before removing to wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:18.09, Glycemic Load:32.28, Inflammation Score:-4, Nutrition Score:9.1234781120134%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## **Nutrients (% of daily need)**

Calories: 346.17kcal (17.31%), Fat: 6.89g (10.6%), Saturated Fat: 1.1g (6.96%), Carbohydrates: 65.57g (21.86%), Net Carbohydrates: 63.63g (23.14%), Sugar: 36.35g (40.38%), Cholesterol: 54.56mg (18.19%), Sodium: 262.47mg (11.41%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 6.67g (13.34%), Manganese: 0.53mg (26.55%), Selenium: 17.47µg (24.96%), Vitamin B1: 0.32mg (21.32%), Folate: 83.87µg (20.97%), Vitamin B2: 0.28mg (16.48%), Iron: 2.35mg (13.04%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 95.25mg (9.52%), Copper: 0.17mg (8.28%), Fiber: 1.94g (7.78%), Magnesium: 23.62mg (5.9%), Vitamin B6: 0.11mg (5.66%), Vitamin C: 4.25mg (5.16%), Potassium: 172.5mg (4.93%), Vitamin B5: 0.49mg (4.86%), Vitamin K: 4.85µg (4.62%), Zinc: 0.68mg (4.53%), Calcium: 41.21mg (4.12%), Vitamin E: 0.41mg (2.73%), Vitamin A: 128.12IU (2.56%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)