

# Zucchini Bread

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 tsp baking soda
- 0.3 cup butter softened
- 0.5 cup dates chopped
- 2 eggs
- 2 cups flour
- 2 tsp ground cinnamon
- 0.8 cup milk
- 0.3 cup nonfat yogurt plain greek-style

- 0.5 tsp salt
- 1.3 cups sugar
- 0.5 cup planters walnuts chopped
- 1 cup zucchini grated

## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Heat oven to 350F.
- Mix first 4 ingredients. Beat butter and sugar in large bowl with mixer until blended.
- Add zucchini, milk, yogurt and eggs; mix well. Gradually add flour mixture, beating after each addition just until moistened. Stir in nuts and dates.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool 5 min.; remove from pan to wire rack. Cool completely.

## Nutrition Facts



**PROTEIN 7.28%** **FAT 28.3%** **CARBS 64.42%**

## Properties

Glycemic Index:21.67, Glycemic Load:22.85, Inflammation Score:-3, Nutrition Score:5.3082607932713%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 6.83g (10.51%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 33.62g (12.23%), Sugar: 21.03g (23.36%), Cholesterol: 31.5mg (10.5%), Sodium: 203.23mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Manganese: 0.34mg (16.9%), Selenium: 8.33µg (11.91%), Vitamin B1: 0.16mg (10.79%), Folate: 40.62µg (10.15%), Vitamin B2: 0.16mg (9.23%), Phosphorus: 69.15mg (6.92%), Iron: 1.11mg (6.18%), Vitamin B3: 1.16mg (5.78%), Fiber: 1.37g (5.48%), Copper: 0.11mg (5.39%), Magnesium: 16.65mg (4.16%), Calcium: 40.57mg (4.06%), Potassium: 128.31mg (3.67%), Vitamin B6: 0.07mg (3.5%), Vitamin A: 165.1IU (3.3%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.45mg (3.03%), Vitamin B12: 0.15µg (2.49%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.25µg (1.68%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.08µg (1.03%)