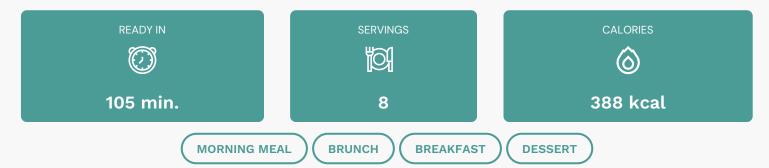


Zucchini Bread

🕭 Vegetarian



Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 cup t brown sugar dark packed
- 3 large eggs at room temperature
- 2.3 cups flour all-purpose plus more for coating the pan
- 0.8 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg freshly ground

- 0.5 teaspoon salt fine
- 8 servings butter unsalted for coating the pan
- 1.5 teaspoons vanilla extract
- 0.8 cup vegetable oil
 - 2.5 cups zucchini grated ends trimmed (2 to 3 medium zucchini)

Equipment



Directions

Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-5-inch metal loaf pan
with butter and flour, tapping out any excess flour; set aside.

Place the measured flour, baking powder, cinnamon, baking soda, nutmeg, and salt in a medium bowl and whisk to aerate and break up any lumps. Set aside.

Place the eggs, sugars, oil, and vanilla in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined. Using a rubber spatula, fold in the flour mixture until just combined. Fold in the zucchini until evenly mixed.

Pour the batter into the prepared pan and spread it into an even layer.

Bake until a cake tester or toothpick inserted in the center comes out clean, about 1 hour to 1 hour 10 minutes.

Transfer the pan to a wire rack to cool slightly, about 15 minutes. Run a knife around the perimeter of the pan and turn the bread out onto the rack to cool completely.

Nutrition Facts

PROTEIN 6.69% 🚺 FAT 24.16% 📒 CARBS 69.15%

Properties

Glycemic Index:40.89, Glycemic Load:32.84, Inflammation Score:-4, Nutrition Score:9.5426087172135%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 387.75kcal (19.39%), Fat: 10.5g (16.16%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 66.15g (24.05%), Sugar: 39.99g (44.43%), Cholesterol: 80.5mg (26.83%), Sodium: 364.5mg (15.85%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Protein: 6.55g (13.1%), Selenium: 18.17µg (25.96%), Folate: 82.91µg (20.73%), Vitamin B1: 0.3mg (20.12%), Manganese: 0.38mg (18.86%), Vitamin B2: 0.3mg (17.76%), Iron: 2.37mg (13.17%), Vitamin B3: 2.3mg (11.49%), Phosphorus: 108.75mg (10.87%), Vitamin K: 9.77µg (9.31%), Calcium: 87.46mg (8.75%), Vitamin C: 6.95mg (8.42%), Vitamin A: 304.57IU (6.09%), Vitamin B6: 0.12mg (6%), Fiber: 1.5g (5.99%), Potassium: 196.44mg (5.61%), Vitamin B5: 0.55mg (5.54%), Copper: 0.1mg (4.97%), Magnesium: 19.59mg (4.9%), Vitamin E: 0.72mg (4.8%), Zinc: 0.63mg (4.22%), Vitamin D: 0.45µg (3%), Vitamin B12: 0.18µg (2.92%)