

Zucchini Bread

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

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

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks
- spatula

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%)