

Zucchini Bread

 Vegetarian  Dairy Free

READY IN



205 min.

SERVINGS



24

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 cups zucchini shredded (2 to 3 medium)
- 1.7 cups sugar
- 0.7 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups flour whole wheat all-purpose
- 2 teaspoons baking soda
- 1 teaspoon salt

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon double-acting baking powder
- 0.5 cup nuts coarsely chopped
- 0.5 cup raisins

Equipment

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

Directions

- Move oven rack to low position so that tops of pans will be in center of oven.
- Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.
- In large bowl, stir zucchini, sugar, oil, vanilla and eggs until well mixed. Stir in remaining ingredients except nuts and raisins. Stir in nuts and raisins. Divide batter evenly between 8-inch pans or pour into 9-inch pan.
- Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.
- Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



PROTEIN 9.01% FAT 21.63% CARBS 69.36%

Properties

Glycemic Index:11.27, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:6.2395651599635%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 156.39kcal (7.82%), Fat: 3.94g (6.07%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 26.16g (9.51%), Sugar: 14.38g (15.98%), Cholesterol: 27.28mg (9.09%), Sodium: 210.38mg (9.15%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.69g (7.39%), Manganese: 0.75mg (37.35%), Selenium: 11.66µg (16.66%), Fiber: 2.29g (9.18%), Phosphorus: 91.22mg (9.12%), Magnesium: 32.1mg (8.02%), Vitamin B1: 0.09mg (6.31%), Copper: 0.12mg (6.21%), Vitamin B6: 0.11mg (5.69%), Iron: 0.94mg (5.25%), Vitamin B2: 0.09mg (5.14%), Vitamin B3: 1mg (4.98%), Zinc: 0.66mg (4.39%), Potassium: 149.45mg (4.27%), Folate: 15.37µg (3.84%), Vitamin C: 2.95mg (3.58%), Vitamin K: 3.29µg (3.13%), Vitamin B5: 0.27mg (2.73%), Calcium: 20.86mg (2.09%), Vitamin E: 0.31mg (2.05%), Vitamin A: 72.71IU (1.45%), Vitamin B12: 0.07µg (1.09%)