



Zucchini Bread

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup canola oil
- 1 large eggs lightly beaten
- 0.5 cup egg substitute
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon rind grated

- 0.5 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 0.3 cup walnuts toasted coarsely chopped
- 12 ounces zucchini shredded

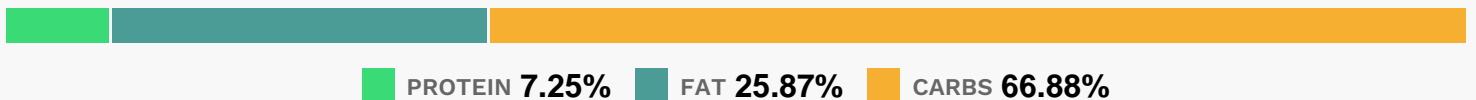
Equipment

- bowl
- oven
- knife
- wire rack
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through baking soda) in a large bowl.
- Combine egg substitute and next 4 ingredients (through egg) in a large bowl; add sugar, stirring until combined.
- Add zucchini; stir until well combined.
- Add flour mixture; stir just until combined. Stir in walnuts.
- Divide batter evenly between 2 (8 x 4-inch) loaf pans coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:34.92, Inflammation Score:-3, Nutrition Score:8.023913020673%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 299.11kcal (14.96%), Fat: 8.69g (13.37%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 49.13g (17.87%), Sugar: 26.12g (29.02%), Cholesterol: 15.5mg (5.17%), Sodium: 184.12mg (8.01%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 5.48g (10.95%), Selenium: 16.34µg (23.34%), Manganese: 0.38mg (19.01%), Vitamin B1: 0.28mg (18.68%), Folate: 69.97µg (17.49%), Vitamin B2: 0.25mg (14.58%), Iron: 1.96mg (10.9%), Vitamin B3: 2.02mg (10.12%), Vitamin E: 1.37mg (9.11%), Phosphorus: 75.88mg (7.59%), Vitamin C: 5.38mg (6.52%), Vitamin K: 5.9µg (5.62%), Fiber: 1.4g (5.59%), Copper: 0.11mg (5.35%), Vitamin B6: 0.09mg (4.71%), Magnesium: 18.13mg (4.53%), Vitamin B5: 0.44mg (4.4%), Calcium: 43.11mg (4.31%), Potassium: 147.79mg (4.22%), Zinc: 0.54mg (3.62%), Vitamin A: 102.76IU (2.06%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.07µg (1.18%)