

Zucchini Bread



Vegetarian



Popular

READY IN



70 min.

SERVINGS



16

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 700 ml zucchini fresh grated
- ☐ 2 teaspoons butter for greasing the pans
- ☐ 390 g flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 270 g sugar
- ☐ 2 large eggs beaten
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 teaspoon kosher salt salted (omit if using butter)
- ☐ 170 g butter unsalted melted
- ☐ 100 g pecans chopped
- ☐ 120 g cranberries dried

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ loaf pan
- ☐ colander

Directions

- ☐ Place the grated zucchini in a sieve or colander over a bowl to drain any excess moisture.
- ☐ Prep the oven and pans: Preheat the oven to 350°F (175°C). Butter two 9x5 inch loaf pans.
- ☐ Combine the dry ingredients: In a large bowl, vigorously whisk together the flour, baking soda, baking powder, cinnamon, ginger, and ground nutmeg.
- ☐ Whisk the wet ingredients: In another large bowl, whisk together the sugar, eggs, vanilla extract, and salt (omit salt if using salted butter). Stir in the drained grated zucchini and then the melted butter.
- ☐ Add the flour mixture, a third at a time, to the sugar egg zucchini mixture, stirring after each incorporation. Fold in the nuts and dried cranberries or raisins, if using.
- ☐ Bake the bread: Divide the batter equally between the loaf pans.
- ☐ Bake for 50 minutes at 350°F (175°C) or until a tester inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Nutrition Facts



PROTEIN 5.27% **FAT 41.01%** **CARBS 53.72%**

Properties

Glycemic Index:27.32, Glycemic Load:25.41, Inflammation Score:-4, Nutrition Score:7.4278261298719%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 317.16kcal (15.86%), Fat: 14.81g (22.79%), Saturated Fat: 6.52g (40.72%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 41.61g (15.13%), Sugar: 23.28g (25.87%), Cholesterol: 47.77mg (15.92%), Sodium: 112.92mg (4.91%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.28g (8.57%), Manganese: 0.58mg (28.87%), Vitamin B1: 0.25mg (16.48%), Selenium: 10.77µg (15.39%), Folate: 54.81µg (13.7%), Vitamin B2: 0.19mg (11.09%), Iron: 1.59mg (8.81%), Vitamin B3: 1.68mg (8.39%), Fiber: 2.03g (8.13%), Phosphorus: 73.9mg (7.39%), Vitamin A: 368.94IU (7.38%), Copper: 0.14mg (6.81%), Vitamin C: 4.2mg (5.09%), Magnesium: 18.8mg (4.7%), Zinc: 0.64mg (4.24%), Vitamin E: 0.62mg (4.15%), Vitamin B6: 0.08mg (3.8%), Potassium: 129.73mg (3.71%), Calcium: 36.16mg (3.62%), Vitamin B5: 0.33mg (3.33%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.28µg (1.9%), Vitamin B12: 0.08µg (1.25%)