



Zucchini Bread, Pumpkin Style



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



2110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 6 eggs
- ☐ 4.8 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground cloves
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 1.5 teaspoons salt

- ☐ 1.5 cups vegetable oil
- ☐ 4 cups sugar white
- ☐ 3 medium zucchini cut into chunks

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease and flour 3 9x5 inch loaf pans, and set aside.
- ☐ Place the zucchini chunks into a saucepan, and cover with water. Bring to a boil and cook until the zucchini are tender, about 5 minutes.
- ☐ Drain the zucchini, place them in a blender, and blend until they are pureed, about 2 minutes.
- ☐ Let the zucchini puree cool for about 10 minutes.
- ☐ Mix the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves in a bowl, and stir to eliminate lumps.
- ☐ Place the zucchini puree in a large bowl, and whisk in the oil, eggs, and sugar. Beat in the flour mixture to form a thick batter.
- ☐ Divide the batter evenly among the prepared loaf pans, and bake in the preheated oven until the tops are lightly browned and the loaves spring back when gently pressed, 45 minutes to 1 hour. A toothpick inserted into the center should come out clean. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



 **PROTEIN 6.35%**  **FAT 14.29%**  **CARBS 79.36%**

Properties

Glycemic Index:109.03, Glycemic Load:296.77, Inflammation Score:-9, Nutrition Score:45.159999888876%

Flavonoids

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 2110.48kcal (105.52%), Fat: 34.09g (52.45%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 425.87g (141.96%), Net Carbohydrates: 417.48g (151.81%), Sugar: 272.22g (302.47%), Cholesterol: 327.36mg (109.12%), Sodium: 2072.23mg (90.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Selenium: 96.23µg (137.47%), Manganese: 2.54mg (127.01%), Folate: 451.66µg (112.91%), Vitamin B1: 1.68mg (112.15%), Vitamin B2: 1.62mg (95.17%), Iron: 12.05mg (66.94%), Vitamin B3: 12.68mg (63.38%), Phosphorus: 510.1mg (51.01%), Vitamin K: 51.11µg (48.67%), Vitamin C: 35.15mg (42.61%), Fiber: 8.39g (33.54%), Vitamin B6: 0.56mg (28.16%), Vitamin B5: 2.62mg (26.24%), Calcium: 249.41mg (24.94%), Potassium: 868.75mg (24.82%), Copper: 0.49mg (24.47%), Magnesium: 94.97mg (23.74%), Zinc: 3.24mg (21.6%), Vitamin E: 3.17mg (21.15%), Vitamin A: 872.77IU (17.46%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)