



Zucchini Bread With Dried Cranberries and Vanilla Bean Glaze

 Vegetarian

READY IN



75 min.

SERVINGS



3

CALORIES



1026 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup confectioners' sugar
- ☐ 1 cup cranberries dried
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon salt
- ☐ 1 stick butter unsalted cooled melted plus more for the pan or
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup yogurt plain sour
- ☐ 1 cup zucchini shredded dry

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

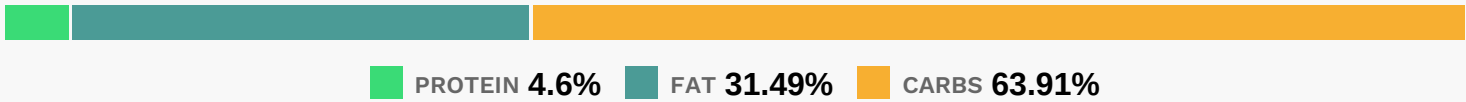
Directions

- ☐ Make the zucchini bread: Preheat the oven to 350 degrees F. Lightly butter one 9-by-5-inch loaf pan or three 6-by-3-inch mini pans.
- ☐ Whisk the flour, granulated sugar, baking powder, salt, baking soda, cinnamon and nutmeg in a large bowl.
- ☐ Add the dried cranberries.
- ☐ Whisk the eggs, melted butter, yogurt, vanilla and orange zest (if using) in a medium bowl. Stir in the shredded zucchini. Fold the zucchini mixture into the flour mixture until just combined.
- ☐ Spread the batter in the prepared pan(s).
- ☐ Bake until a toothpick inserted into the center comes out clean, about 55 minutes for a standard loaf or 35 to 40 minutes for mini loaves. Cool 30 minutes in the pan(s) on a rack,

then turn out onto the rack to cool completely.

- ☐ Whisk the confectioners' sugar, milk and vanilla seeds in a bowl.
- ☐ Pour over the cooled zucchini bread and let set, 15 to 20 minutes.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:128.03, Glycemic Load:64.65, Inflammation Score:-7, Nutrition Score:17.200434871342%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 1026.48kcal (51.32%), Fat: 36.83g (56.66%), Saturated Fat: 21.58g (134.87%), Carbohydrates: 168.16g (56.05%), Net Carbohydrates: 163.88g (59.59%), Sugar: 122.09g (135.65%), Cholesterol: 210.89mg (70.3%), Sodium: 1178.95mg (51.26%), Alcohol: 0.46g (100%), Alcohol %: 0.17% (100%), Protein: 12.09g (24.19%), Selenium: 30.15µg (43.08%), Vitamin B2: 0.56mg (32.75%), Folate: 125.36µg (31.34%), Manganese: 0.62mg (31.24%), Vitamin B1: 0.46mg (30.98%), Vitamin A: 1256.61IU (25.13%), Phosphorus: 224.43mg (22.44%), Iron: 3.59mg (19.92%), Calcium: 186.23mg (18.62%), Vitamin B3: 3.58mg (17.9%), Fiber: 4.28g (17.12%), Vitamin E: 2.19mg (14.6%), Vitamin B5: 1.13mg (11.35%), Vitamin C: 8.61mg (10.44%), Vitamin B6: 0.18mg (9.11%), Potassium: 317.46mg (9.07%), Vitamin B12: 0.54µg (8.98%), Vitamin D: 1.33µg (8.85%), Zinc: 1.29mg (8.6%), Copper: 0.17mg (8.46%), Magnesium: 32.26mg (8.07%), Vitamin K: 7.94µg (7.56%)