



Zucchini Bread with Pineapple



Vegetarian



Dairy Free



Popular

READY IN



75 min.

SERVINGS



16

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 1 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons cinnamon
- ☐ 0.8 teaspoon nutmeg
- ☐ 3 eggs
- ☐ 1.8 cups sugar

- ☐ 1 cup olive oil
- ☐ 2 teaspoons vanilla
- ☐ 2 cups coarsely zucchini grated
- ☐ 8 oz pineapple crushed drained canned
- ☐ 1 cup walnuts chopped
- ☐ 1 cup golden raisins

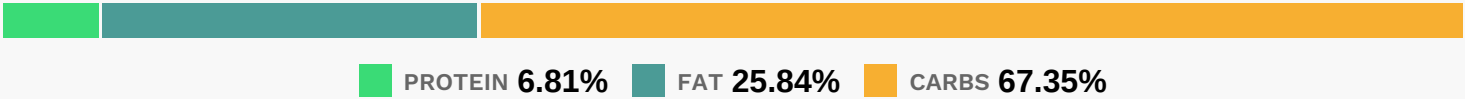
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350°F (175°C). Prepare 2 buttered 5 by 9 inch loaf pans.
- ☐ Whisk together dry ingredients: In a medium sized bowl, vigorously whisk together the flour, baking soda, baking powder, salt, cinnamon, and nutmeg.
- ☐ Mix wet ingredients and sugar: In a mixer, beat eggs on medium speed for one minute.
- ☐ Add the sugar and beat for one more minute.
- ☐ Add the oil and vanilla; continue beating mixture until thick and foamy.
- ☐ Remove the bowl from the mixer and with a spoon, stir in the zucchini and pineapple.
- ☐ Combine dry ingredients with wet: A third at a time, add dry ingredients into wet and gently stir (by hand) after each addition.
- ☐ Add the walnuts and raisins, blend gently.
- ☐ Bake: Divide the batter equally between the two loaf pans.
- ☐ Bake at 350°F for 55 minutes or until a wooden pick inserted in to the center comes out clean.
- ☐ Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Nutrition Facts



Properties

Glycemic Index:25.23, Glycemic Load:32.33, Inflammation Score:-3, Nutrition Score:7.672608670981%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 294.21kcal (14.71%), Fat: 8.7g (13.38%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 49.03g (17.83%), Sugar: 29.98g (33.32%), Cholesterol: 30.69mg (10.23%), Sodium: 255.4mg (11.1%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.15g (10.31%), Manganese: 0.52mg (25.8%), Selenium: 11.13µg (15.9%), Vitamin B1: 0.23mg (15.65%), Folate: 58.72µg (14.68%), Vitamin B2: 0.2mg (12.01%), Copper: 0.22mg (10.8%), Iron: 1.78mg (9.91%), Phosphorus: 90.12mg (9.01%), Vitamin B3: 1.69mg (8.46%), Fiber: 1.98g (7.91%), Magnesium: 26.24mg (6.56%), Vitamin B6: 0.13mg (6.47%), Potassium: 197.04mg (5.63%), Vitamin C: 4.5mg (5.46%), Calcium: 42.61mg (4.26%), Zinc: 0.6mg (3.99%), Vitamin E: 0.58mg (3.86%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.08µg (2.93%), Vitamin A: 84.93IU (1.7%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)