



Zucchini-Carrot Bread with Creamy Honey Spread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups carrots shredded (3 medium)
- ☐ 8 oz cream cheese softened
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups flour whole wheat
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.8 teaspoon ground cloves
- ☐ 0.3 cup honey
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.7 cup vegetable oil
- ☐ 1.5 cups zucchini shredded (2 medium)

Equipment

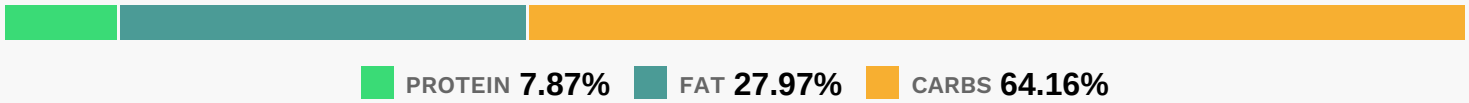
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.
- ☐ In large bowl, mix zucchini, carrots, sugar, oil and eggs with wire whisk. Stir in remaining bread ingredients. Divide batter evenly between pans.
- ☐ Bake 8-inch loaves 1 hour to 1 hour 15 minutes, 9-inch loaf 1 hour 15 minutes to 1 hour 30 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes in pans on cooling rack.
- ☐ Loosen sides of loaves from pans; remove from pans and place top sides up on cooling rack. Cool completely, about 1 hour.
- ☐ In small bowl, beat spread ingredients with electric mixer on medium speed until smooth and fluffy.

Serve with sliced bread. Cover; refrigerate any remaining spread. Wrap loaves tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:14.98, Inflammation Score:-7, Nutrition Score:6.283043400101%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 172.22kcal (8.61%), Fat: 5.52g (8.49%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.04g (9.83%), Sugar: 16.39g (18.21%), Cholesterol: 36.82mg (12.27%), Sodium: 235.09mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin A: 1519.72IU (30.39%), Manganese: 0.45mg (22.48%), Selenium: 10.48µg (14.98%), Vitamin B1: 0.11mg (7.54%), Vitamin B2: 0.12mg (7.19%), Phosphorus: 65.9mg (6.59%), Folate: 25.39µg (6.35%), Fiber: 1.43g (5.71%), Vitamin B3: 0.97mg (4.84%), Iron: 0.87mg (4.81%), Magnesium: 16.41mg (4.1%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.08mg (3.85%), Potassium: 107.55mg (3.07%), Zinc: 0.45mg (2.99%), Copper: 0.06mg (2.99%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.39mg (2.57%), Vitamin C: 2.1mg (2.54%), Calcium: 23.14mg (2.31%), Vitamin B12: 0.09µg (1.43%)