



Zucchini Cornbread

 Vegetarian

READY IN



220 min.

SERVINGS



10

CALORIES



258 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.8 cup cornmeal
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon sea salt fine
- ☐ 0.5 cup sugar

- ☐ 0.5 cup butter unsalted plus more for pan (1 stick)
- ☐ 0.5 cup flour whole wheat
- ☐ 10 ounces zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

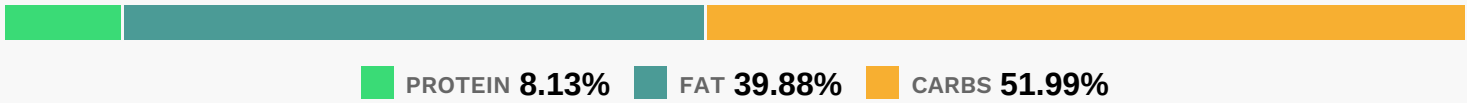
Directions

- ☐ Position a rack in the middle of oven and preheat to 350°F. Butter a 9x5x3" loaf pan.
- ☐ Melt 1/2 cup butter in a small saucepan over medium-high heat. Continue cooking until butter solids at bottom of pan turn golden brown, about 3 minutes. Scrape butter into a medium bowl. Set aside and let cool.
- ☐ Whisk in eggs and buttermilk.
- ☐ Trim zucchini ends. Thinly slice five 1/8" rounds from 1 end of zucchini and reserve for garnish. Coarsely grate remaining zucchini.
- ☐ Add to bowl with butter mixture and stir until well blended.
- ☐ Sift both flours, sugar, baking powder, salt, and baking soda into a large bowl.
- ☐ Whisk in cornmeal.
- ☐ Add zucchini mixture; fold just to blend (mixture will be very thick).
- ☐ Transfer batter to prepared pan and smooth top.
- ☐ Place reserved zucchini slices atop batter down center in a single layer.
- ☐ Bake bread until golden and a tester inserted into center comes out clean, 55–65 minutes.
- ☐ Let cool in pan 10 minutes.

☐

Remove from pan; let cool completely on a wire rack. DO AHEAD: Can be made 1 day ahead.
Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.16, Glycemic Load:19.44, Inflammation Score:-4, Nutrition Score:7.7986956471982%

Flavonoids

Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 258.34kcal (12.92%), Fat: 11.65g (17.92%), Saturated Fat: 6.56g (41.03%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 31.78g (11.56%), Sugar: 11.56g (12.85%), Cholesterol: 62.92mg (20.97%), Sodium: 302.79mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Manganese: 0.46mg (23.03%), Selenium: 12.41µg (17.72%), Vitamin B1: 0.19mg (12.47%), Phosphorus: 114.01mg (11.4%), Vitamin B2: 0.18mg (10.68%), Folate: 42.01µg (10.5%), Fiber: 2.38g (9.54%), Vitamin B6: 0.17mg (8.41%), Vitamin A: 414.68IU (8.29%), Iron: 1.49mg (8.27%), Magnesium: 31.57mg (7.89%), Vitamin B3: 1.48mg (7.4%), Vitamin C: 5.07mg (6.15%), Zinc: 0.89mg (5.93%), Calcium: 55mg (5.5%), Potassium: 180.59mg (5.16%), Copper: 0.1mg (4.97%), Vitamin B5: 0.43mg (4.31%), Vitamin D: 0.53µg (3.51%), Vitamin E: 0.5mg (3.37%), Vitamin B12: 0.16µg (2.72%), Vitamin K: 2.25µg (2.15%)