



Zucchini Gingerbread

 Vegetarian

READY IN



85 min.

SERVINGS



16

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vanilla yogurt
- ☐ 0.3 cup vegetable oil
- ☐ 2.5 cups zucchini shredded

Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Spray 2 9x5-inch loaf pans with cooking spray.
- ☐ In a large bowl, mix together the brown sugar, molasses, vegetable oil, vanilla yogurt, and eggs until thoroughly combined. Stir in the cinnamon, ginger, nutmeg, cloves, baking soda, baking powder, and salt. Gently mix in the shredded zucchini, and stir in the flour.
- ☐ Pour the batter into the prepared loaf pans.
- ☐ Bake in the preheated oven until the loaves are browned and springy to the touch, 50 to 60 minutes. A toothpick inserted into the center of a loaf should come out clean. Allow to cool in pans for about 10 minutes before removing to finish cooling on racks.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:14.78, Inflammation Score:-3, Nutrition Score:6.9356521989988%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 209.4kcal (10.47%), Fat: 4.67g (7.19%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.94g (13.43%), Sugar: 19.46g (21.63%), Cholesterol: 31.26mg (10.42%), Sodium: 181.67mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Manganese: 0.41mg (20.56%), Selenium: 12.27µg (17.52%), Vitamin B1: 0.2mg (13.56%), Folate: 52.91µg (13.23%), Vitamin B2: 0.2mg (11.49%), Iron: 1.73mg (9.6%), Vitamin B3: 1.57mg (7.85%), Vitamin K: 7.37µg (7.02%), Phosphorus: 70mg (7%), Magnesium: 26.18mg (6.55%), Calcium: 63.63mg (6.36%), Potassium: 210.97mg (6.03%), Vitamin B6: 0.1mg (5.18%), Vitamin C: 3.57mg (4.33%), Copper: 0.09mg (4.3%), Fiber: 1.01g (4.05%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.46mg (3.06%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.13µg (2.24%), Vitamin A: 89.18IU (1.78%), Vitamin D: 0.17µg (1.1%)