



Zucchini-Orange Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



223 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup egg substitute
- ☐ 13.5 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon orange juice fresh
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 2 cups zucchini shredded 1 large

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare bread, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through baking soda) in a large bowl, stirring with a whisk; make a well in center of mixture.
- ☐ Combine granulated sugar and next 4 ingredients (through 1 tablespoon juice).
- ☐ Add sugar mixture to flour mixture, stirring just until moist. Fold in zucchini and walnuts. Divide batter between 2 (8 x 4inch) loaf pans coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans.
- ☐ To prepare glaze, combine powdered sugar and 2 tablespoons juice, stirring with a whisk.
- ☐ Drizzle evenly over warm loaves. Cool completely on wire rack.

Nutrition Facts



 **PROTEIN 7.04%**  **FAT 29.31%**  **CARBS 63.65%**

Properties

Glycemic Index:23.51, Glycemic Load:22.26, Inflammation Score:-3, Nutrition Score:6.0652173537275%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 223.11kcal (11.16%), Fat: 7.38g (11.36%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 34.98g (12.72%), Sugar: 17.11g (19.01%), Cholesterol: 0mg (0%), Sodium: 205.9mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Selenium: 11.52µg (16.46%), Manganese: 0.32mg (15.87%), Vitamin B1: 0.22mg (14.64%), Folate: 53.35µg (13.34%), Vitamin B2: 0.17mg (10.09%), Iron: 1.47mg (8.16%), Vitamin B3: 1.55mg (7.75%), Vitamin E: 1mg (6.64%), Vitamin C: 4.96mg (6.02%), Phosphorus: 55.87mg (5.59%), Copper: 0.11mg (5.27%), Fiber: 1.09g (4.37%), Vitamin K: 4.18µg (3.98%), Magnesium: 15.46mg (3.86%), Vitamin B6: 0.07mg (3.37%), Calcium: 31.02mg (3.1%), Potassium: 105.72mg (3.02%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.41mg (2.72%), Vitamin A: 56.56IU (1.13%)