



Zucchini-Parmesan Loaf

READY IN



120 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

Ingredients

- 0.3 cup olive oil plus more for pan
- 2 cups flour all-purpose plus more for pan (spooned and leveled)
- 0.3 cup milk
- 2 large eggs
- 4 ounces parmesan cheese grated
- 2 teaspoons double-acting baking powder
- 1 serving coarse mustard
- 0.5 pound zucchini grated (1 medium)

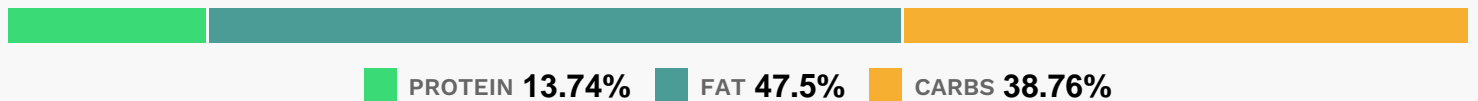
Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 375 degrees.
- Brush a 9-by-5-inch loaf pan (6-cup capacity) with oil; dust with flour, and tap out excess.
- In a small bowl, whisk oil, milk, and eggs. In a large bowl, whisk flour, Parmesan, baking powder, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper; mix in zucchini, then egg mixture until just moistened (batter will be very thick, like biscuit dough).
- Transfer batter to prepared pan; press in gently.
- Bake until a toothpick inserted in center comes out clean, 60 to 70 minutes (tent with foil if loaf starts to brown too quickly). Cool 15 minutes in pan; turn out loaf onto a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:17.78, Inflammation Score:-4, Nutrition Score:10.030434836512%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 282.69kcal (14.13%), Fat: 14.9g (22.92%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.2g (9.53%), Sugar: 1.35g (1.5%), Cholesterol: 60.05mg (20.02%), Sodium: 385.62mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Selenium: 19.86µg (28.37%), Calcium: 213.28mg (21.33%), Phosphorus: 191.99mg (19.2%), Vitamin B1: 0.27mg (18.25%), Vitamin B2: 0.3mg (17.73%), Folate: 70.76µg (17.69%), Manganese: 0.28mg (14.1%), Iron: 2.01mg (11.16%), Vitamin E: 1.56mg (10.4%), Vitamin B3: 2.01mg (10.04%), Zinc: 1.13mg (7.54%), Vitamin K: 7.05µg (6.71%), Vitamin C: 5.08mg (6.15%), Vitamin B12: 0.36µg (5.96%), Vitamin A: 263.72IU (5.27%), Magnesium: 20.23mg (5.06%), Vitamin B6: 0.1mg (4.97%), Potassium: 167.24mg (4.78%), Vitamin B5: 0.47mg (4.72%), Fiber: 1.16g (4.62%), Copper: 0.08mg (3.77%), Vitamin D: 0.43µg (2.88%)