

Zucchini-Pecan Flaxseed Bread

READY IN



45 min.

SERVINGS



18

CALORIES



201 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 3 tablespoons canola oil
- 0.5 cup egg substitute
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 cup ground flaxseed
- 0.3 teaspoon nutmeg
- 1 cup vanilla yogurt low-fat
- 0.3 cup pecans toasted chopped
- 3 tablespoons pecans toasted chopped
- 0.8 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup flour whole wheat
- 2 cups zucchini shredded (2 medium zucchini)

Equipment

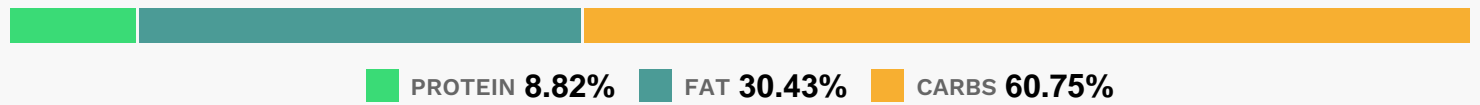
- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- wire rack
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, granulated sugar, and next 7 ingredients (through nutmeg) in a large bowl, stirring well with a whisk.
- Spread zucchini onto several layers of heavy-duty paper towels; cover with additional paper towels. Press down firmly to remove excess liquid.

- Combine yogurt, egg substitute, oil, and vanilla in a medium bowl, stirring well with a whisk. Stir in zucchini.
- Add zucchini mixture and 1/4 cup pecans to flour mixture, stirring until well combined.
- Pour batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Sprinkle batter with 3 tablespoons pecans.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- Remove bread from pan; place on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:11.82, Inflammation Score:-3, Nutrition Score:7.7121739517088%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 200.75kcal (10.04%), Fat: 7.02g (10.8%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.81g (10.48%), Sugar: 16.89g (18.77%), Cholesterol: 0.68mg (0.23%), Sodium: 209.62mg (9.11%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Protein: 4.58g (9.16%), Manganese: 0.65mg (32.31%), Selenium: 12.48µg (17.83%), Vitamin B1: 0.23mg (15.28%), Phosphorus: 115.8mg (11.58%), Fiber: 2.72g (10.87%), Magnesium: 39.23mg (9.81%), Calcium: 93.31mg (9.33%), Vitamin B2: 0.14mg (8.33%), Folate: 32.52µg (8.13%), Iron: 1.38mg (7.68%), Copper: 0.15mg (7.48%), Vitamin B3: 1.22mg (6.08%), Zinc: 0.81mg (5.41%), Vitamin B6: 0.1mg (4.98%), Potassium: 173.84mg (4.97%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.38mg (3.79%), Vitamin C: 2.68mg (3.24%), Vitamin K: 2.78µg (2.65%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 51.15IU (1.02%)