



Zucchini-Pecan Flaxseed Bread

READY IN



45 min.

SERVINGS



18

CALORIES



189 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 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

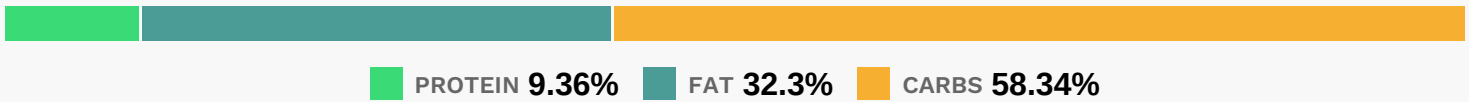
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

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:7.6713042803433%

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: 189.14kcal (9.46%), Fat: 7.02g (10.8%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 25.81g (9.39%), Sugar: 13.93g (15.47%), Cholesterol: 0.68mg (0.23%), Sodium: 208.76mg (9.08%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Protein: 4.58g (9.15%), Manganese: 0.64mg (32.21%), Selenium: 12.44µg (17.77%), Vitamin B1: 0.23mg (15.28%), Phosphorus: 115.68mg (11.57%), Fiber: 2.72g (10.87%), Magnesium: 38.96mg (9.74%), Calcium: 90.78mg (9.08%), Vitamin B2: 0.14mg (8.33%), Folate: 32.49µg (8.12%), Iron: 1.36mg (7.56%), Copper: 0.15mg (7.41%), Vitamin B3: 1.21mg (6.06%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.1mg (4.92%), Potassium: 169.78mg (4.85%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.38mg (3.75%), Vitamin C: 2.68mg (3.24%), Vitamin K: 2.78µg (2.65%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 51.15IU (1.02%)