

Zucchini Pineapple Bread

 Vegetarian  Dairy Free

READY IN



140 min.

SERVINGS



12

CALORIES



406 kcal

BREAD

Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 8 ounce pineapple crushed drained well canned
- 3 eggs
- 3 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 1 cup raisins
- 1 teaspoon salt

- 0.8 teaspoon vanilla extract
- 1 cup vegetable oil
- 1 cup walnut pieces chopped
- 2 cups granulated sugar white
- 2 cups zucchini shredded

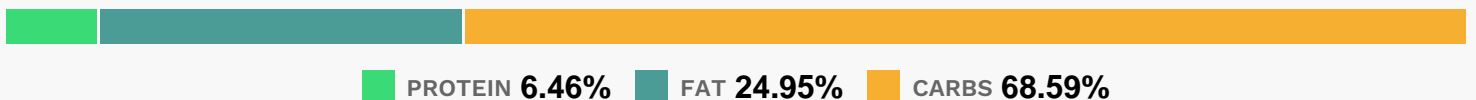
Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Line the bottom of two 9x5-inch loaf pans with parchment paper.
- Mix flour, baking soda, salt, baking powder, and cinnamon in a bowl. Beat sugar, vegetable oil, eggs, and vanilla extract together in a large mixing bowl, and stir in zucchini and pineapple. Gradually pour in the flour mixture, mixing until just incorporated. Fold in raisins and walnuts, mixing to evenly combine. Divide batter evenly between the two prepared loaf pans.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Working with one loaf at a time, hold the pan on its side and gently tap the sides of the pan against the counter to loosen it. Cover the pan with a cooling rack, and invert it to tip the cake out of the pan and onto the rack. Peel off the parchment paper, and allow bread to cool completely.

Nutrition Facts



Properties

Glycemic Index:27.99, Glycemic Load:45.84, Inflammation Score:-4, Nutrition Score:10.182608651078%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 405.7kcal (20.28%), Fat: 11.6g (17.85%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 68.88g (25.05%), Sugar: 36.9g (40.99%), Cholesterol: 40.92mg (13.64%), Sodium: 407.07mg (17.7%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.76g (13.51%), Manganese: 0.66mg (33.2%), Vitamin B1: 0.33mg (21.68%), Selenium: 14.85µg (21.21%), Folate: 78.19µg (19.55%), Vitamin B2: 0.27mg (15.96%), Copper: 0.28mg (13.96%), Iron: 2.42mg (13.43%), Fiber: 2.9g (11.62%), Vitamin B3: 2.25mg (11.24%), Phosphorus: 109.5mg (10.95%), Magnesium: 33.99mg (8.5%), Vitamin B6: 0.16mg (7.79%), Vitamin K: 8.17µg (7.78%), Potassium: 270.85mg (7.74%), Vitamin C: 6.26mg (7.59%), Zinc: 0.78mg (5.18%), Vitamin B5: 0.41mg (4.1%), Calcium: 38mg (3.8%), Vitamin E: 0.53mg (3.56%), Vitamin A: 112.87IU (2.26%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)