



Zucchini Pineapple Bread

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



2

CALORIES



1126 kcal

BREAD

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs beaten
- 7.5 ounces flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup pineapple crushed drained
- 0.8 cup sugar
- 1 tablespoon butter unsalted softened

- 0.5 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.5 cup walnut pieces chopped
- 1 cup zucchini grated (1)

Equipment

- bowl
- oven
- knife
- whisk
- loaf pan

Directions

- Adjust oven rack to middle position and preheat to 350° F. Butter an 8- by 4-inch loaf pan and set aside.
- In a large bowl whisk together flour, baking soda, baking powder, cinnamon and sugar. In a separate bowl combine vegetable oil, vanilla extract, zucchini and pineapple and mix with a wooded spoon until well combined.
- Mix together wet and dry ingredients and scrape into prepared loaf pan.
- Bake until thin knife inserted into center of bread comes out clean, about 1 hour. Allow to cool for 10 minutes in loaf pan, then remove from pan and place on a rack to cool completely. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:138.55, Glycemic Load:111.79, Inflammation Score:-8, Nutrition Score:30.963043295819%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1126.27kcal (56.31%), Fat: 41.38g (63.66%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 171.75g (57.25%), Net Carbohydrates: 165.4g (60.15%), Sugar: 86.18g (95.76%), Cholesterol: 178.73mg (59.58%), Sodium: 672.58mg (29.24%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 22.09g (44.19%), Manganese: 1.89mg (94.75%), Selenium: 51.87µg (74.11%), Vitamin B1: 1.04mg (69.38%), Folate: 261.96µg (65.49%), Vitamin B2: 0.86mg (50.5%), Iron: 7.07mg (39.26%), Copper: 0.75mg (37.7%), Vitamin B3: 7.1mg (35.48%), Phosphorus: 343.7mg (34.37%), Fiber: 6.35g (25.41%), Magnesium: 95.46mg (23.87%), Vitamin K: 24.93µg (23.75%), Vitamin B6: 0.42mg (21.25%), Vitamin C: 17.05mg (20.66%), Zinc: 2.49mg (16.62%), Potassium: 544.46mg (15.56%), Vitamin B5: 1.44mg (14.42%), Vitamin E: 1.88mg (12.51%), Calcium: 123.06mg (12.31%), Vitamin A: 572.69IU (11.45%), Vitamin B12: 0.4µg (6.73%), Vitamin D: 0.99µg (6.57%)