



Zucchini Pineapple Bread II



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



290 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 1 cup pineapple crushed drained
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white
- ☐ 2 cups zucchini grated

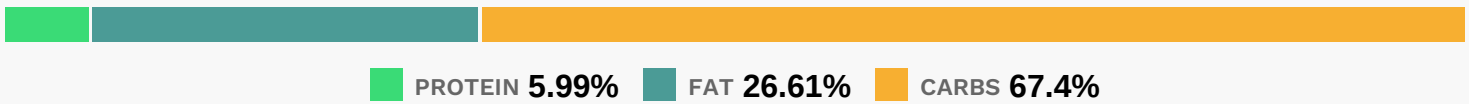
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Mix together the eggs, sugar, vanilla, oil, and zucchini in a large bowl.
- ☐ In a separate bowl mix together the flour, soda, baking powder, and salt.
- ☐ Add to the zucchini batter and mix well. Stir in raisins, nuts, and pineapple until just blended.
- ☐ Pour into 2–9x5x3 inch loaf pans.
- ☐ Bake in a preheated 325 degree F (165 degrees C) for one hour, or until browned.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:32.44, Inflammation Score:-3, Nutrition Score:7.271304446718%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 290.3kcal (14.51%), Fat: 8.81g (13.56%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 48.29g (17.56%), Sugar: 27.84g (30.94%), Cholesterol: 30.69mg (10.23%), Sodium: 255.36mg (11.1%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.46g (8.93%), Manganese: 0.51mg (25.51%), Vitamin B1: 0.26mg (17.29%), Selenium: 11.01µg (15.72%), Folate: 52.86µg (13.22%), Vitamin B2: 0.19mg (11.37%), Iron: 1.66mg (9.24%), Vitamin B3: 1.63mg (8.17%), Copper: 0.16mg (8.06%), Fiber: 1.94g (7.77%), Phosphorus: 76.33mg (7.63%), Vitamin K: 6.11µg (5.82%), Vitamin C: 4.48mg (5.44%), Magnesium: 20.86mg (5.21%), Potassium: 161.52mg (4.61%), Zinc: 0.65mg (4.37%), Vitamin B6: 0.08mg (4.18%), Calcium: 34.08mg (3.41%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.44mg (2.94%), Vitamin A: 86.76IU (1.74%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)