



Zucchini-Pineapple Quick Bread

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup canola oil
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 13.5 ounces flour all-purpose sifted
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 16 ounce pineapple in juice crushed drained canned

- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups zucchini grated ()

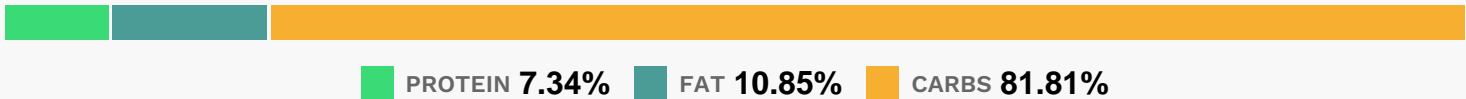
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, salt, and next 3 ingredients (through ground cinnamon) in a large bowl, stirring well with a whisk.
- ☐ Beat eggs with a mixer at medium speed until foamy.
- ☐ Add sugar, zucchini, oil, egg substitute, and vanilla, beating until well blended.
- ☐ Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon batter into 2 (9 x 5inch) loaf pans coated with baking spray.
- ☐ Bake at 325 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:35.13, Inflammation Score:-3, Nutrition Score:6.9756521608519%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 267.4kcal (13.37%), Fat: 3.27g (5.03%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 55.42g (18.47%), Net Carbohydrates: 53.97g (19.62%), Sugar: 33.93g (37.7%), Cholesterol: 26.57mg (8.86%), Sodium: 289.27mg (12.58%), Alcohol: 0.2g (100%), Alcohol %: 0.19% (100%), Protein: 4.97g (9.94%), Selenium: 15.34µg (21.92%), Vitamin B1: 0.27mg (17.92%), Folate: 60.64µg (15.16%), Vitamin B2: 0.23mg (13.55%), Manganese: 0.26mg (13.03%), Iron: 1.77mg (9.83%), Vitamin B3: 1.81mg (9.04%), Vitamin C: 6.27mg (7.6%), Phosphorus: 62.14mg (6.21%), Fiber: 1.45g (5.8%), Copper: 0.09mg (4.69%), Vitamin B6: 0.09mg (4.46%), Vitamin E: 0.63mg (4.22%), Potassium: 146.18mg (4.18%), Magnesium: 16.45mg (4.11%), Vitamin B5: 0.41mg (4.09%), Calcium: 33.37mg (3.34%), Zinc: 0.46mg (3.1%), Vitamin K: 2.7µg (2.57%), Vitamin A: 110.12IU (2.2%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.09µg (1.55%)