



Zucchini Plum Bread

 Vegetarian  Dairy Free

READY IN



85 min.

SERVINGS



16

CALORIES



192 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 3 cups plums chopped
- 1 teaspoon salt

- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 1 tablespoon sugar white
- 1 cup flour whole wheat
- 2 cups zucchini shredded

Equipment

- bowl
- baking paper
- oven
- whisk
- wire rack
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 2 bread pans with parchment paper or spray with cooking spray.
- Whisk zucchini, oil, 1 cup white sugar, brown sugar, eggs, and vanilla extract together in a bowl until well mixed.
- Combine all-purpose flour, whole wheat flour, baking soda, salt, 1 teaspoon cinnamon, and baking powder together in a separate bowl. Gradually stir flour mixture into zucchini mixture until batter is just combined; fold in plums.
- Pour batter into the prepared pans.
- Mix 1 tablespoon white sugar and 1 teaspoon cinnamon together in a small bowl; sprinkle over batter.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.48, Glycemic Load:10.43, Inflammation Score:-3, Nutrition Score:6.812173921129%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 192.08kcal (9.6%), Fat: 3.99g (6.14%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 33.94g (12.34%), Sugar: 17.71g (19.68%), Cholesterol: 30.69mg (10.23%), Sodium: 244.32mg (10.62%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.07g (8.14%), Manganese: 0.49mg (24.48%), Selenium: 12.67µg (18.1%), Vitamin B1: 0.18mg (11.96%), Folate: 41.18µg (10.3%), Vitamin B2: 0.15mg (8.86%), Iron: 1.37mg (7.63%), Vitamin B3: 1.52mg (7.59%), Vitamin K: 7.91µg (7.53%), Fiber: 1.88g (7.52%), Phosphorus: 74.22mg (7.42%), Vitamin C: 5.72mg (6.93%), Magnesium: 21.07mg (5.27%), Potassium: 163.99mg (4.69%), Copper: 0.09mg (4.62%), Vitamin B6: 0.09mg (4.58%), Vitamin A: 183.33IU (3.67%), Calcium: 34.01mg (3.4%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)