



Zucchini Walnut Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



314 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup raisins
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white
- ☐ 2 cups zucchini grated

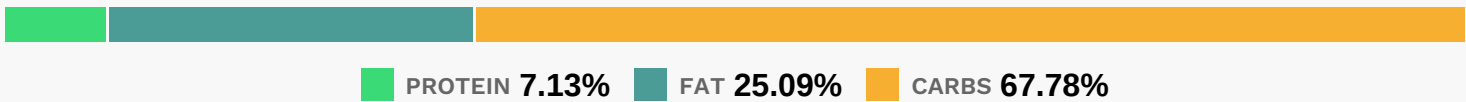
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Whisk together flour, baking soda, salt, cinnamon, and baking powder.
- ☐ In a large bowl, beat the eggs. Gradually beat in sugar, then oil.
- ☐ Add flour mixture alternately with zucchini into the egg mixture. Stir in the raisins, walnuts, and vanilla.
- ☐ Pour batter into two 9 x 5 inch greased and lightly floured loaf pans.
- ☐ Bake on lowest rack of the oven at 350 degrees F (175 degrees C) for 55 minutes.
- ☐ Let cool for 10 minutes in the pan, then turn out onto racks to cool completely. To freeze, wrap loaves in plastic wrap, and then wrap in heavy freezer paper. Will keep indefinitely.

Nutrition Facts



Properties

Glycemic Index:20.99, Glycemic Load:36.57, Inflammation Score:-3, Nutrition Score:8.1252174377441%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 314.01kcal (15.7%), Fat: 8.99g (13.83%), Saturated Fat: 1.28g (8%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 52.56g (19.11%), Sugar: 25.68g (28.53%), Cholesterol: 40.92mg (13.64%), Sodium: 360.86mg (15.69%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.74g (11.49%), Manganese: 0.51mg (25.74%), Selenium: 13.25µg (18.92%), Vitamin B1: 0.26mg (17.41%), Folate: 66.37µg (16.59%), Vitamin B2: 0.23mg (13.67%), Iron: 2.01mg (11.18%), Copper: 0.2mg (10.08%), Vitamin B3: 1.88mg (9.39%), Phosphorus: 93.5mg (9.35%), Fiber: 2.07g (8.26%), Magnesium: 24.56mg (6.14%), Vitamin K: 6.03µg (5.74%), Vitamin B6: 0.11mg (5.63%), Potassium: 193.4mg (5.53%), Zinc: 0.63mg (4.21%), Vitamin C: 3.36mg (4.08%), Vitamin B5: 0.37mg (3.66%), Calcium: 35.13mg (3.51%), Vitamin E: 0.43mg (2.85%), Vitamin A: 92.23IU (1.84%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)