

Zucchini Bread

Makes: 16 servings

Ingredients

- 3 egg
- 1 cup sugar
- 1/4 cup vegetable oil
- 2 cups zucchini (grated)
- 1 teaspoon vanilla
- 1 1/2 cups flour (all purpose)
- 1 1/2 cups whole wheat flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/2 cup raisins

Directions

1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.

Nutrition Information

Nutrients	Amount
Calories	189
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	332 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars included	12 g
Protein	4 g
Vitamin D	0 IU
Calcium	27 mg
Iron	1 mg
Potassium	81 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1 1/2 ounces

4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

Source: Washington State University Extension, Favorite Recipes for Family Meals