

Zucchini Bread

Ingredients:

3 cups shredded zucchini (2-3 medium)
1 2/3 cups sugar
2/3 cup unsweetened applesauce
2 teaspoons vanilla
4 eggs
3 cups whole wheat flour
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon baking powder
1/2 cup courseley chopped nuts
1/2 cup raisins (optional)

Directions:

Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 350 degrees. Grease bottoms only of 2 (8x4- inch) loaf pans or 1 (9x5- inch) loaf pan with shortening or cooking spray.

In large bowl, stir zucchini, sugar, applesauce, vanilla, and eggs until well mixed. Stir in remaining ingredients except nuts and raisins. Stir in nuts and raisins. Divide batter evenly between 8-inch pans or pour into 9-inch pan.

Bake 8-inch loaves 50-60 minutes; 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes , or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.

Loosen sides of loaves from pans; remove from pans and place top side up on coolong rack. Cool completely, about 2 hours, before slicing. Wrap tightly ans store at room temperature up to 4 days, or refrigerate up to 10 days.

21% calories from fat.

Source: Adapted from Betty Crocker recipe.
www.BettyCrocker.com

Nutrition Facts	
Serving Size 1 slice (67g) Servings Per Container 24	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	