



Zucchini Bread

PREP TIME: 25 minutes

SERVING SIZE: 1 inch slice

COOK TIME: 45 minutes

SERVES: 8

INGREDIENTS

- Cooking Spray
- 1 cup whole wheat pastry flour or whole wheat flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ cup (1/2 stick) unsalted butter, melted and cooled
- ¼ cup nonfat plain Greek yogurt
- ½ cup packed light brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 small zucchini shredded
- 2 small carrots, peeled and shredded

PREPARATION

- Preheat oven to 350°F. Coat an 8-inch loaf pan with cooking spray and set aside.
- In a medium bowl, whisk together flour, cinnamon, baking powder and baking soda.
- In a large bowl, whisk together the melted butter and yogurt. Add the brown sugar and vanilla extract, and whisk until the mixture is uniform and smooth. Add the eggs, one at a time, continuing to whisk.
- Gradually stir the flour mixture into the yogurt mixture, then gently fold in the zucchini and carrots until evenly distributed.
- Pour the mixture into the prepared pan, spreading it into an even layer with a spatula. Bake until the top is golden brown and a toothpick inserted in the center comes out clean, about 45 minutes. Wait five minutes for it to cool then transfer the bread to a wire rack, and let cool an additional 15 minutes before slicing.



Nutrition Facts	
1 servings per container	
Serving size	8 (85.24g)
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 60mg	20%
Sodium 75mg	3%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 13g Added Sugars	26%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.18mg	0%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

SOURCE

Amidor, Toby. "Zucchini Bread." Recipe. The Greek Yogurt Kitchen. Grand Central Publishing, 2014. 58. Print. Recipe modified by CHOICES Nutrition

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PAN DE CALABACÍN

TIEMPO DE PREPARACIÓN: 25 minutos

TIEMPO PARA COCINAR: 45 minutos

TAMAÑO DE PORCIÓN: 1 rebanada-1 pulg

PORCIONES: 8

INGREDIENTES

- Spray para cocinar
- 1 taza de harina integral para repostería o harina integral
- 1 cucharadita de canela molida
- ½ cucharadita de levadura en polvo
- ¼ de cucharadita de bicarbonato de sodio
- ¼ taza (1/2 barra) de mantequilla sin sal, derretida y enfriada
- ¼ taza de yogur griego natural sin grasa
- ½ taza de azúcar morena clara empaquetada
- 1 cucharadita de extracto de vainilla
- 2 huevos grandes
- 1 calabacín pequeño rallado
- 2 zanahorias pequeñas, peladas y ralladas

PREPARACIÓN

- Precalente el horno a 350°F. Cubra un molde para pan de 8 pulgadas con aceite en aerosol y reserve.
- En un tazón mediano, mezcle la harina, la canela, el polvo de hornear y el bicarbonato de sodio.
- En un tazón grande, mezcle la mantequilla derretida y el yogur. Agregue el azúcar moreno y el extracto de vainilla, y bate hasta que la mezcla esté uniforme y suave. Agregue los huevos, uno a la vez, sin dejar de batir.
- Agregue gradualmente la mezcla de harina a la mezcla de yogur, luego incorpore suavemente los calabacines y las zanahorias hasta que se distribuyan uniformemente.
- Vierta la mezcla en el molde preparado, extendiéndola en una capa uniforme con una espátula. Hornee hasta que la parte superior esté dorada y un palillo insertado en el centro salga limpio, aprox. 45 minutos. Espere cinco minutos para que se enfríe, luego transfiera el pan a una rejilla y deje enfriar 15 minutos más antes de rebanarlo.



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FUENTE

Amidor, Toby. "Zucchini Bread." Recipe. The Greek Yogurt Kitchen.
Receta modificada por CHOICES Programa Educativo de Nutrición

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