

# Zucchini Bread with Carrots

*Paula Macri - Paula's Bella Cucina  
Treasure Coast Newspapers*

*2 medium zucchini  
2 large carrots  
2 large eggs  
1 3/4 cups sugar  
3/4 cup canola oil  
1 teaspoon pure vanilla extract  
3 cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon*

Preheat the oven to 350 degrees.

Grease and flour a 9x5-inch loaf pan.

In a food processor, shred the zucchini and carrots. Set aside.

In a large mixing bowl, add the eggs, sugar, canola oil and vanilla. Blend well.

In a separate bowl, mix together the flour, salt, baking soda, baking powder and cinnamon. Gently fold the flour mixture into the egg mixture, stirring until everything is mixed (the batter will be thick).

Add the zucchini and the carrots. Stir everything together until mixed.

Place the batter in the loaf pan.

Bake for one hour and 20 minutes or until a toothpick inserted in the center comes out clean.

Remove from the oven. Place on a wire rack to cool. Let cool for 15 minutes before removing from the pan.

Let sit until completely cooled before serving.

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Per Serving (excluding unknown items): 4434 Calories; 178g Fat (35.7% calories from fat); 57g Protein; 664g Carbohydrate; 20g Dietary Fiber; 424mg Cholesterol; 3847mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 5 Vegetable; 33 1/2 Fat; 23 1/2 Other Carbohydrates.

Bread and Muffins

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	4434	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	35.7%	<b>Vitamin B12 (mcg):</b>	1.3mcg
<b>% Calories from Carbohydrates:</b>	59.2%	<b>Thiamin B1 (mg):</b>	3.4mg
<b>% Calories from Protein:</b>	5.1%	<b>Riboflavin B2 (mg):</b>	2.5mg
<b>Total Fat (g):</b>	178g	<b>Folacin (mcg):</b>	253mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	25mg
<b>Monounsaturated Fat (g):</b>	100g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	52g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	424mg	<b>% Deficient:</b>	0.0%
<b>Carbohydrate (g):</b>	664g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	20g	<b>Grain (Starch):</b>	19
<b>Protein (g):</b>	57g	<b>Lean Meat:</b>	1 1/2
<b>Sodium (mg):</b>	3847mg	<b>Vegetable:</b>	5
<b>Potassium (mg):</b>	1986mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	372mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	22mg	<b>Fat:</b>	33 1/2
<b>Zinc (mg):</b>	5mg	<b>Other Carbohydrates:</b>	23 1/2
<b>Vitamin C (mg):</b>	49mg		
<b>Vitamin A (i.u.):</b>	42330IU		
<b>Vitamin A (r.e.):</b>	4323RE		

**Nutrition Facts**

Amount Per Serving

**Calories** 4434 **Calories from Fat:** 1582

**% Daily Values\***

<b>Total Fat</b> 178g	274%
Saturated Fat 15g	77%
<b>Cholesterol</b> 424mg	141%
<b>Sodium</b> 3847mg	160%
<b>Total Carbohydrates</b> 664g	221%
Dietary Fiber 20g	82%
<b>Protein</b> 57g	
<b>Vitamin A</b>	847%
<b>Vitamin C</b>	82%
<b>Calcium</b>	37%
<b>Iron</b>	125%

\* Percent Daily Values are based on a 2000 calorie diet.