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Veggie Bread ♦♦

Veggie bread is a delicious and healthy bread recipe made with a variety of vegetables. It is a great option for vegetarians and can be enjoyed as a snack or a side dish. The bread is packed with nutrients and has a unique flavor that will leave you wanting more.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	all-purpose flour
200 g	zucchini
150 g	Carrots
100 g	Bell peppers
100 g	onion

2 units	eggs
4 tbsp	olive oil
2 tsp	baking powder
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Grate the zucchini, carrots, bell peppers, and onion.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the grated vegetables, flour, baking powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Whisking

In a separate bowl, whisk together the eggs and olive oil.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Stirring

Add the egg mixture to the vegetable mixture and stir until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the batter into a greased bread pan and smooth the top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 40 minutes or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 40 mins

Step 8

Cooling

Remove from the oven and let cool for 10 minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Breads

Salads

Snacks

Cultural

Chinese New Year

Demographics

Teen Friendly

Diet

Volumetrics Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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