Amazing Chocolate Zucchini Bread

READY IN	SERVINGS	CALORIES
55 min.	16	273 kcal

MORNING MEAL | BRUNCH | BREAKFAST | DESSERT

Ingredients

- [ ] 2.5 teaspoons double-acting baking powder
- [ ] 1.5 teaspoons baking soda
- [ ] 3 eggs
- [ ] 2.5 cups flour all-purpose
- [ ] 1 tablespoon ground cinnamon
- [ ] 1 teaspoon ground nutmeg
- [ ] 0.8 cup butter
- [ ] 0.5 cup milk
- [ ] 1 teaspoon salt

- [ ] 0.5 cup cocoa powder unsweetened
- [ ] 2 teaspoons vanilla extract
- [ ] 2 cups sugar white
- [ ] 2 cups zucchini shredded

Equipment

- [ ] bowl
- [ ] oven
- [ ] wire rack
- [ ] loaf pan
- [ ] hand mixer
- [ ] toothpicks

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Beat margarine, sugar, cinnamon, and nutmeg together with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- [ ] Add eggs one at a time, allowing each egg to blend into the mixture before adding the next. Beat vanilla extract into the margarine mixture with the last egg.
- [ ] Mix flour, cocoa powder, baking powder, baking soda, and salt in a bowl.
- [ ] Pour the flour mixture into the margarine mixture alternately with the milk, mixing until just incorporated. Fold zucchini through the batter, mixing just enough to evenly combine.
- [ ] Pour batter into 2 loaf pans.
- [ ] Bake in the preheated oven until a toothpick inserted into the center comes out clean, 40 to 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts

PROTEIN **5.88%** FAT **33.01%** CARBS **61.11%**

Properties

Glycemic Index:22.82, Glycemic Load:28.61, Inflammation Score:-5, Nutrition Score:6.5643477776776%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 272.65kcal (13.63%), Fat: 10.34g (15.9%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 41.09g (14.94%), Sugar: 25.94g (28.83%), Cholesterol: 31.6mg (10.54%), Sodium: 431.71mg (18.77%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.14g (8.29%), Manganese: 0.36mg (18%), Selenium: 9.88µg (14.12%), Vitamin B1: 0.17mg (11.44%), Folate: 44.43µg (11.11%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 470.12IU (9.4%), Iron: 1.61mg (8.95%), Phosphorus: 87.5mg (8.75%), Fiber: 1.97g (7.88%), Copper: 0.15mg (7.47%), Calcium: 68.4mg (6.84%), Vitamin B3: 1.31mg (6.54%), Magnesium: 23.48mg (5.87%), Potassium: 133.48mg (3.81%), Zinc: 0.52mg (3.48%), Vitamin C: 2.82mg (3.42%), Vitamin E: 0.46mg (3.1%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.25µg (1.66%)