



Chocolate Banana Zucchini Cake

READY IN



45 min.

SERVINGS



8

CALORIES



665 kcal

DESSERT

Ingredients

- 0.5 cup butter unsalted at room temperature
- 2 cups flour
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon baking soda
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 1 cup brown sugar light packed ()
- 1 cup brown sugar light packed ()
- 4 tablespoons granulated sugar white

- 1 teaspoon vanilla extract pure
- 1 teaspoon coffee instant
- 2 large eggs
- 1 cup zucchini grated unpeeled
- 1 large banana mashed ()
- 1 cup chocolate chips
- 8 servings sugar (for sprinkling on the top)

Equipment

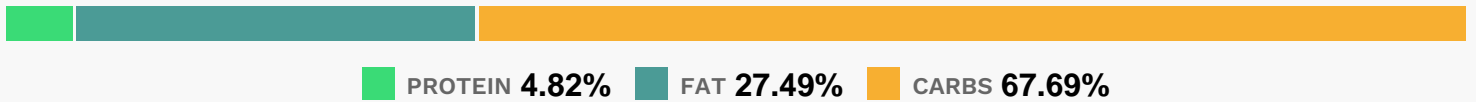
- food processor
- frying pan
- oven
- knife
- whisk
- mixing bowl
- wire rack
- cake form
- spatula
- springform pan

Directions

- Pre-heat the oven to 350 degrees F and grease a 10-inch cake or springform pan with oil.
- In a large mixing bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt.
- In a food processor, process the sugar and butter until creamy. You can also do this by hand using a sturdy spatula.
- Add the vanilla essence, coffee granules and eggs mixing well between each addition.
- Reserve a cup of the flour mixture and add the rest to the egg mixture.
- Mix until just combined. The batter will be thick.

- Add the mashed banana and mix. Don't overmix. The batter will be lumpy.
- Add the zucchini and chocolate chips to the reserved flour mixture and toss to coat.
- Fold into the batter and blend with a spatula- don't overmix.
- Pour into the prepared cake pan and level the surface with a spatula.
- Bake for 40-50 min, until a knife inserted in the center comes out clean.
- Let it cool for 10 min, run a knife around the pan to loosen the cake and take the cake out carefully on the cooling rack.
- Let it come to room temperature.
- Sprinkle with confectioner's sugar or glaze with melted chocolate.

Nutrition Facts



Properties

Glycemic Index:47.12, Glycemic Load:31.81, Inflammation Score:-6, Nutrition Score:12.593043478261%

Flavonoids

Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Taste

Sweetness: 100%, Saltiness: 14.49%, Sourness: 4.48%, Bitterness: 4.72%, Savoriness: 7.74%, Fattiness: 33.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 665.18kcal (33.26%), Fat: 20.97g (32.26%), Saturated Fat: 14.72g (91.99%), Carbohydrates: 116.19g (38.73%), Net Carbohydrates: 111.91g (40.69%), Sugar: 81.74g (90.83%), Cholesterol: 77.23mg (25.74%), Sodium: 370.86mg (16.12%), Caffeine: 16.29mg (5.43%), Protein: 8.27g (16.53%), Manganese: 0.57mg (28.39%), Selenium: 17.5µg (25%), Folate: 77.6µg (19.4%), Vitamin B1: 0.29mg (19.33%), Iron: 3.24mg (18.03%), Vitamin B2: 0.3mg (17.66%), Copper: 0.35mg (17.52%), Fiber: 4.29g (17.14%), Calcium: 154.32mg (15.43%), Phosphorus: 147.42mg (14.74%), Magnesium: 56.45mg (14.11%), Potassium: 458.29mg (13.09%), Vitamin B3: 2.49mg (12.46%), Zinc: 1.65mg (10.99%), Vitamin A: 466.18IU (9.32%), Vitamin B6: 0.18mg (9.07%), Vitamin B5: 0.69mg (6.88%), Vitamin E: 0.87mg (5.82%), Vitamin C: 4.37mg (5.29%), Vitamin K: 3.75µg (3.57%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.46µg (3.09%)