



Chocolate Swirl Zucchini Sheet Cake

READY IN



85 min.

SERVINGS



15

CALORIES



299 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup buttermilk
- 1.5 cups canola oil
- 8 ounce cream cheese softened
- 1 eggs
- 3 eggs
- 3 cups flour all-purpose
- 0.5 cup milk chocolate chips
- 1 teaspoon salt

- 0.5 cup semi chocolate chips
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup sugar white
- 3 cups zucchini grated

Equipment

- bowl
- oven
- knife
- mixing bowl
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking pan with cooking spray. Sift together the flour, cocoa powder, baking soda, and salt.
- In a mixing bowl, beat together 3 cups of sugar with canola oil with an electric mixer on low speed until the mixture is smooth; add 3 eggs one at a time, and beat again to combine. Beat in zucchini and vanilla until well combined. Beat the flour mixture into the sugar mixture by fourths, alternating with 1/4 cup of buttermilk after every portion of flour mixture.
- Mix the batter for 1 minute on medium-high speed, and pour the batter into the prepared baking pan.
- In a bowl, mix together the cream cheese and 1/4 cup of sugar until thoroughly combined, then mix in 1 egg until the cream cheese mixture is smooth. Spoon dollops of the cream cheese here and there over the cake batter, and swirl the cream cheese mixture through the batter with a table knife to make a marbled effect.
- Sprinkle the milk chocolate and semisweet chocolate chips over the cake.
- Bake in the preheated oven until a toothpick inserted into the chocolate portion of the center of the cake comes out with moist crumbs, 25 to 30 minutes. Cool on a rack.

Nutrition Facts

PROTEIN 8.81% FAT 47.29% CARBS 43.9%

Properties

Glycemic Index:14.54, Glycemic Load:16.67, Inflammation Score:-5, Nutrition Score:9.3108696108279%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 299.31kcal (14.97%), Fat: 16.07g (24.72%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 31.1g (11.31%), Sugar: 11.12g (12.36%), Cholesterol: 61.04mg (20.35%), Sodium: 385.63mg (16.77%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 11.75mg (3.92%), Protein: 6.73g (13.47%), Selenium: 14.95µg (21.36%), Manganese: 0.41mg (20.53%), Vitamin B2: 0.27mg (16.09%), Vitamin B1: 0.23mg (15.15%), Folate: 60.29µg (15.07%), Phosphorus: 126.09mg (12.61%), Iron: 2.26mg (12.55%), Copper: 0.25mg (12.42%), Fiber: 2.46g (9.85%), Magnesium: 39.23mg (9.81%), Vitamin B3: 1.74mg (8.69%), Vitamin E: 1.13mg (7.54%), Potassium: 244.46mg (6.98%), Vitamin A: 345.42IU (6.91%), Zinc: 0.9mg (5.98%), Calcium: 59.19mg (5.92%), Vitamin C: 4.44mg (5.38%), Vitamin B5: 0.51mg (5.12%), Vitamin K: 5.24µg (4.99%), Vitamin B6: 0.09mg (4.55%), Vitamin B12: 0.22µg (3.7%), Vitamin D: 0.44µg (2.95%)