



Chocolate Zucchini Bread

READY IN



70 min.

SERVINGS



16

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 cups flour
- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup chocolate chips mini
- ☐ 1 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 1.5 cups granulated sugar white
- ☐ 0.5 teaspoon salt
- ☐ 1 cup strong coffee decoction (to soak zucchini in)

- ☐ 0.8 cup butter unsalted melted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 4 cups zucchini grated (from a pound and a half of zucchini)

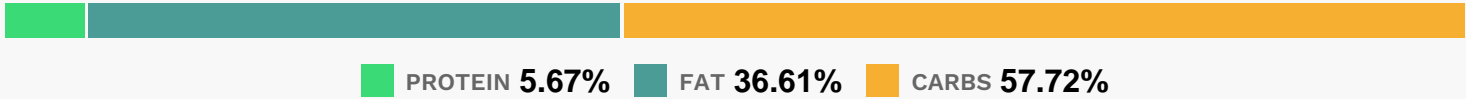
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ loaf pan
- ☐ skewers
- ☐ butter knife

Directions

- ☐ Place the freshly grated zucchini in a large bowl and pour cooled coffee over and let it soak for about 5–10 minutes. Then, squeeze all liquid from zucchini and place in a dishcloth to remove excess moisture or place in a sieve over a bowl to catch any excess moisture. With rack in the middle, preheat oven to 350°F. Grease the bottom and sides of a 9 by 5-inch loaf pan; dust with flour, tapping out the excess
- ☐ In a large bowl, whisk together the flour, unsweetened cocoa, baking soda, salt, and cinnamon until all ingredients are well combined, set aside. In a separate large bowl, beat together the sugar and eggs until smooth, about a minute.
- ☐ Add the melted butter and almond extract and beat until smooth. Gently stir in the grated zucchini
- ☐ Add the flour mixture to the batter and stir just until combined.
- ☐ Add chocolate chips and stir to combine. Divide the batter between the two pans.
- ☐ Bake for 50 minutes, or until a skewer inserted into the center comes out clean and easily.
- ☐ Let it cool on a rack for 5–10 minutes, then run a butter knife around the edges to separate the bread from the pan.
- ☐ Remove from the loaf pans and let cool completely on a rack.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:23.97, Inflammation Score:-4, Nutrition Score:6.3791303997454%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 282.01kcal (14.1%), Fat: 11.85g (18.23%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 39.91g (14.51%), Sugar: 24.91g (27.68%), Cholesterol: 44.6mg (14.87%), Sodium: 228.13mg (9.92%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.11mg (4.04%), Protein: 4.13g (8.26%), Manganese: 0.32mg (15.98%), Selenium: 8.98µg (12.83%), Folate: 47.25µg (11.81%), Vitamin B1: 0.17mg (11.61%), Vitamin B2: 0.18mg (10.34%), Iron: 1.62mg (8.99%), Fiber: 2.13g (8.5%), Copper: 0.15mg (7.71%), Vitamin A: 376.88IU (7.54%), Vitamin B3: 1.39mg (6.95%), Vitamin C: 5.6mg (6.79%), Phosphorus: 66.58mg (6.66%), Magnesium: 24.7mg (6.17%), Potassium: 161.17mg (4.6%), Vitamin B6: 0.07mg (3.62%), Zinc: 0.51mg (3.38%), Vitamin B5: 0.29mg (2.9%), Calcium: 28.55mg (2.85%), Vitamin E: 0.36mg (2.4%), Vitamin K: 2.27µg (2.17%), Vitamin D: 0.27µg (1.8%), Vitamin B12: 0.07µg (1.12%)