



Chocolate-Zucchini Cake

READY IN



60 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 2 large eggs
- 1.5 cups flour all-purpose plus more for the pan
- 0.3 teaspoon ground nutmeg
- 1 teaspoon honey
- 0.5 teaspoon kosher salt
- 0.5 cup olive oil extra-virgin
- 0.5 cup semi chocolate chips
- 1.3 cups sugar

- 8 servings butter unsalted for the pan
- 0.3 cup cocoa powder unsweetened (not Dutch process)
- 0.5 teaspoon vanilla extract
- 1 medium zucchini dry grated

Equipment

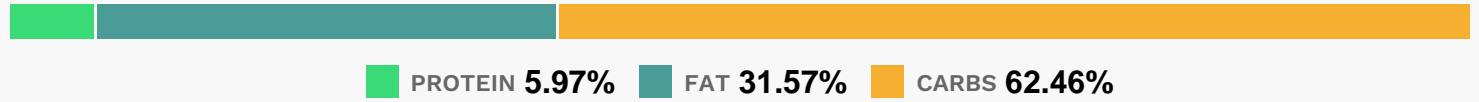
- bowl
- frying pan
- oven
- whisk
- blender
- toothpicks
- cake form
- wooden spoon
- microwave

Directions

- Preheat the oven to 350 degrees F. Butter the bottom and sides of a 9-inch-square cake pan. Dust the pan with flour, tapping out the excess.
- Toss 1/2 cup chocolate chips with 1 tablespoon flour in a small bowl.
- Whisk the remaining flour, the cocoa powder, salt, baking soda and nutmeg in a medium bowl; set aside.
- Beat the sugar, 1/2 cup olive oil, the eggs and vanilla in a large bowl with a mixer on medium speed until smooth and pale, about 3 minutes.
- Add the flour-cocoa mixture; beat on low speed until combined, about 2 minutes (the batter will be thick).
- Add the zucchini and beat until combined, about 2 more minutes. Fold in the flour-coated chocolate chips with a wooden spoon.
- Transfer the batter to the prepared pan and bake until a toothpick inserted into the center comes out clean, 30 to 35 minutes.

- Transfer to a rack and let cool completely.
- Combine the remaining 1/3 cup chocolate chips, 1 teaspoon olive oil and the honey in a microwave-safe bowl. Microwave on medium-high power in 30-second intervals, stirring, until the chocolate is melted.
- Spread over the cake, then cut into pieces.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:35.3, Glycemic Load:35.22, Inflammation Score:-4, Nutrition Score:8.678695709809%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 362.36kcal (18.12%), Fat: 13.05g (20.08%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 55.31g (20.11%), Sugar: 36.86g (40.95%), Cholesterol: 57.92mg (19.31%), Sodium: 236.59mg (10.29%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 15.86mg (5.29%), Protein: 5.56g (11.11%), Manganese: 0.46mg (23.19%), Selenium: 13.41µg (19.15%), Copper: 0.3mg (15.11%), Iron: 2.52mg (14%), Folate: 55.72µg (13.93%), Vitamin B1: 0.21mg (13.75%), Vitamin B2: 0.22mg (12.72%), Fiber: 2.79g (11.15%), Magnesium: 44.54mg (11.14%), Phosphorus: 109.73mg (10.97%), Vitamin B3: 1.66mg (8.31%), Potassium: 213.84mg (6.11%), Zinc: 0.9mg (5.98%), Vitamin C: 4.39mg (5.32%), Vitamin E: 0.75mg (4.99%), Vitamin A: 247.14IU (4.94%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 4.01µg (3.82%), Calcium: 26.68mg (2.67%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.32µg (2.17%)