



WHATSheATE



Chocolate Zucchini Cake

READY IN



45 min.

SERVINGS



16

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 4 ounces cream cheese fat-free block-style softened
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.8 cup buttermilk fat-free
- ☐ 8 teaspoons milk fat-free
- ☐ 1 tablespoon flour all-purpose

- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon coffee granules instant
- ☐ 0.8 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup semi chocolate chips
- ☐ 2 tablespoons semi chocolate chips
- ☐ 0.5 cup cocoa unsweetened
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup walnuts chopped
- ☐ 2 cups zucchini shredded

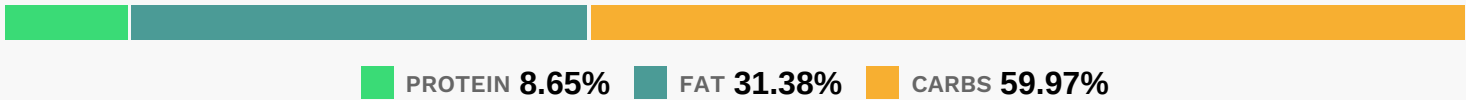
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ microwave
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 12-cup Bundt pan with cooking spray; dust pan with 1 tablespoon flour.
- ☐ Place sugars, cream cheese, and vegetable oil in a large bowl, and beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla extract.
- ☐ Lightly spoon 2 1/2 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine 2 1/2 cups flour and next 5 ingredients (2 1/2 cups flour through cinnamon) in a medium bowl, stirring well with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Stir in zucchini, 2/3 cup chocolate chips, and nuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in cake comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ To prepare glaze, combine 3/4 cup powdered sugar and 3 tablespoons cocoa in a small bowl; stir with a whisk.
- ☐ Combine milk, 2 tablespoons chocolate chips, coffee, and 1/2 teaspoon vanilla extract in a 1-cup glass measure. Microwave at medium 45 seconds or until chocolate melts, stirring after 20 seconds.
- ☐ Combine powdered sugar mixture with chocolate mixture, stirring with a whisk.
- ☐ Drizzle glaze over cake.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:17.83, Inflammation Score:-4, Nutrition Score:8.9126086494197%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin:

7.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 299.49kcal (14.97%), Fat: 10.77g (16.57%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 43.39g (15.78%), Sugar: 26.69g (29.66%), Cholesterol: 24.96mg (8.32%), Sodium: 242.14mg (10.53%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Caffeine: 18.36mg (6.12%), Protein: 6.69g (13.37%), Manganese: 0.51mg (25.56%), Copper: 0.33mg (16.67%), Selenium: 11.53µg (16.47%), Phosphorus: 149.02mg (14.9%), Iron: 2.38mg (13.24%), Folate: 48.98µg (12.24%), Vitamin B1: 0.18mg (12.2%), Magnesium: 48.77mg (12.19%), Vitamin B2: 0.2mg (11.85%), Fiber: 2.94g (11.77%), Vitamin K: 9.95µg (9.47%), Calcium: 87.17mg (8.72%), Vitamin B3: 1.48mg (7.42%), Potassium: 230mg (6.57%), Zinc: 0.95mg (6.31%), Vitamin E: 0.54mg (3.62%), Vitamin C: 2.93mg (3.56%), Vitamin B6: 0.07mg (3.51%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.16µg (2.63%), Vitamin A: 78.84IU (1.58%), Vitamin D: 0.15µg (1.02%)