



Chocolate Zucchini Cake

READY IN



55 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup butter softened
- 0.5 cup buttermilk
- 2 eggs lightly beaten
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.5 cup nuts chopped
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 1.5 cups sugar
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 2 cups zucchini shredded

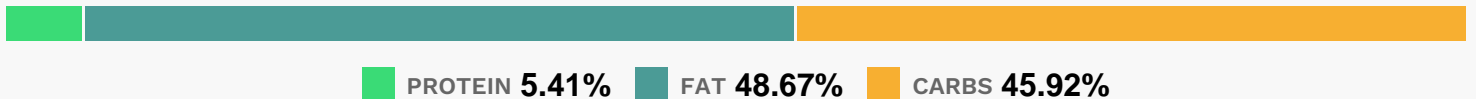
Equipment

- bowl
- oven
- baking pan

Directions

- In a bowl, cream butter, oil and sugar.
- Add eggs, milk and vanilla; mix well.
- Combine flour, cocoa, baking soda, baking powder, salt, cinnamon and cloves; gradually add to creamed mixture. Stir in zucchini.
- Spread into a greased 13-in. x 9-in. baking pan.
- Sprinkle with nuts and chocolate chips.
- Bake at 350° for 35-40 minutes or until cake tests done.

Nutrition Facts



Properties

Glycemic Index:22.98, Glycemic Load:24.29, Inflammation Score:-5, Nutrition Score:7.225652233414%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 335.59kcal (16.78%), Fat: 18.6g (28.62%), Saturated Fat: 9.52g (59.49%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 37.4g (13.6%), Sugar: 21.67g (24.08%), Cholesterol: 52.13mg (17.38%), Sodium: 264.55mg (11.5%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 7.93mg (2.64%), Protein: 4.65g (9.3%), Manganese: 0.41mg (20.35%), Selenium: 9.54µg (13.63%), Vitamin B1: 0.18mg (11.91%), Folate: 45.54µg (11.38%), Copper: 0.22mg (11.14%), Vitamin B2: 0.17mg (10.16%), Iron: 1.81mg (10.04%), Phosphorus: 94.54mg (9.45%), Magnesium: 35.69mg (8.92%), Vitamin A: 431.34IU (8.63%), Fiber: 2.08g (8.31%), Vitamin B3: 1.53mg (7.65%), Zinc: 0.71mg (4.76%), Potassium: 163.03mg (4.66%), Vitamin K: 4.77µg (4.54%), Vitamin E: 0.57mg (3.82%), Calcium: 37.31mg (3.73%), Vitamin C: 2.79mg (3.39%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.06mg (3.17%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.21µg (1.38%)