



Chocolate-Zucchini Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 3 ounce chocolate baking squares unsweetened melted
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 cups granulated sugar
- ☐ 1 cup pecans chopped
- ☐ 10 servings powdered sugar

- ☐ 1 teaspoon salt
- ☐ 1.5 cups vegetable oil
- ☐ 3 cups zucchini grated (5)

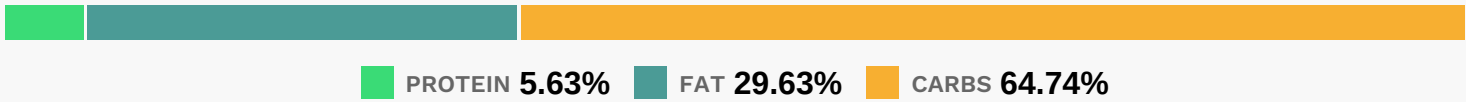
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Combine first 4 ingredients.
- ☐ Beat eggs at medium speed with an electric mixer. Gradually add granulated sugar; beat until blended.
- ☐ Add chocolate and oil; beat until blended. Gradually add flour mixture; beat at low speed until blended. Fold in zucchini and pecans.
- ☐ Pour batter into a well-greased and floured Bundt pan.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Sprinkle with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:62.9, Inflammation Score:-5, Nutrition Score:14.840434696363%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 12.14mg, Epicatechin: 12.14mg, Epicatechin: 12.14mg, Epicatechin: 12.14mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 602.69kcal (30.13%), Fat: 20.7g (31.84%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 101.74g (33.91%), Net Carbohydrates: 97.99g (35.63%), Sugar: 69.28g (76.98%), Cholesterol: 74.4mg (24.8%), Sodium: 440.52mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 8.85g (17.7%), Manganese: 1.13mg (56.52%), Selenium: 20.4µg (29.15%), Vitamin B1: 0.4mg (26.46%), Copper: 0.49mg (24.34%), Folate: 91.51µg (22.88%), Iron: 4.06mg (22.57%), Vitamin B2: 0.35mg (20.35%), Phosphorus: 168.82mg (16.88%), Fiber: 3.75g (14.99%), Magnesium: 57.3mg (14.33%), Vitamin K: 14.97µg (14.26%), Vitamin B3: 2.63mg (13.14%), Zinc: 1.91mg (12.76%), Vitamin C: 6.77mg (8.2%), Potassium: 277.53mg (7.93%), Calcium: 74.38mg (7.44%), Vitamin B6: 0.13mg (6.71%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.65mg (6.46%), Vitamin A: 187.94IU (3.76%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.4µg (2.67%)