



Chocolate Zucchini Cake

 Popular

READY IN



70 min.

SERVINGS



12

CALORIES



513 kcal

DESSERT

Ingredients

- ☐ 2.5 cups regular flour all-purpose
- ☐ 0.5 cup natural unsweetened
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon cinnamon
- ☐ 0.8 cup butter soft
- ☐ 1 cup granulated sugar white

- ☐ 1 cup brown sugar
- ☐ 3 eggs room temperature
- ☐ 2 teaspoons vanilla extract
- ☐ 2 teaspoons orange peel grated
- ☐ 3 cups coarsely zucchini shredded (from 1 pound of zucchini, or 3 medium zucchini)
- ☐ 0.5 cup milk
- ☐ 1 cup walnuts chopped
- ☐ 12 servings glaze (directions follow)
- ☐ 2 cups powdered sugar
- ☐ 3 Tbsp milk
- ☐ 1 teaspoon vanilla extract

Equipment

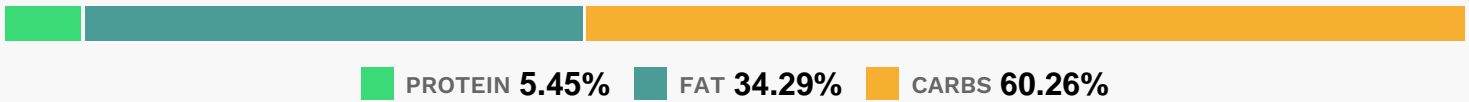
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ spatula
- ☐ kugelhkopf pan

Directions

- ☐ Preheat the oven to 350°F (175°C).
- ☐ Drain the shredded zucchini: Set the shredded zucchini to drain in a sieve over a bowl. If no moisture drains out and the zucchini feels dry, sprinkle some water over it and let the excess drain.

- ☐ Whisk together dry ingredients: Vigorously whisk together the flour, cocoa, baking powder, soda, salt, and cinnamon in a bowl, and set aside.
- ☐ Mix wet ingredients: With a mixer, beat together the butter and the sugars until smooth.
- ☐ Add the eggs to the butter and sugar mixture one at a time, beating well after each addition. With a wooden spoon, stir in the vanilla, orange peel, and zucchini.
- ☐ Mix dry with wet ingredients to make batter: Alternately stir in the dry ingredients and the milk into the zucchini mixture, including the nuts with the last addition.
- ☐ Prep pan, add batter: Spray the inside of a 10-inch bundt pan or tube pan lightly with cooking spray (or grease with butter). Wipe off the excess.
- ☐ Pour in the batter and use a rubber spatula to level the top of the batter.
- ☐ Bake in the oven at 350°F (175°C) for about 50–55 minutes or until a wooden pick inserted in the center comes out clean (test at 45 min).
- ☐ Cool in pan 15 minutes; turn out on wire rack to cool thoroughly.
- ☐ Make glaze: Make the glaze by mixing together the glaze ingredients. You can easily do this by hand with a whisk or a spoon. If the glaze is too runny, add some more powdered sugar. If too thick, add more milk.
- ☐ Drizzle glaze over cake.
- ☐ Cut in thin slices to serve.

Nutrition Facts



Properties

Glycemic Index:33.59, Glycemic Load:26.71, Inflammation Score:-6, Nutrition Score:11.3560871145%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 513.49kcal (25.67%), Fat: 20.26g (31.16%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 80.1g (26.7%), Net Carbohydrates: 76.99g (28%), Sugar: 55.99g (62.21%), Cholesterol: 73.09mg (24.36%), Sodium: 540.82mg (23.51%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Caffeine: 8.24mg (2.75%), Protein: 7.25g (14.49%),

Manganese: 0.75mg (37.58%), Selenium: 14.12µg (20.16%), Copper: 0.37mg (18.29%), Folate: 71.69µg (17.92%),
Vitamin B1: 0.27mg (17.86%), Phosphorus: 158.41mg (15.84%), Vitamin B2: 0.26mg (15.51%), Iron: 2.56mg (14.23%),
Magnesium: 50.04mg (12.51%), Fiber: 3.12g (12.47%), Calcium: 116.68mg (11.67%), Vitamin A: 502.33IU (10.05%),
Vitamin B3: 1.92mg (9.62%), Potassium: 273.93mg (7.83%), Vitamin B6: 0.15mg (7.74%), Vitamin C: 6.14mg (7.44%),
Zinc: 1.05mg (7.02%), Vitamin B5: 0.5mg (5.05%), Vitamin E: 0.58mg (3.87%), Vitamin B12: 0.2µg (3.29%), Vitamin
K: 2.88µg (2.75%), Vitamin D: 0.37µg (2.49%)