



Chocolate Zucchini Cake

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 1 teaspoon baking soda
- ☐ 1 cup cane sugar raw (check the sugar if you are trying to keep it vegan)
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup cocoa
- ☐ 2 tablespoons cocoa powder
- ☐ 1 cup dairy free chocolate chips mini
- ☐ 2 tablespoons flax meal

- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup nondairy margarine melted
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup powdered sugar
- ☐ 0.5 cup chocolate soymilk such as zensoy soymilk organic
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 6 tablespoons water
- ☐ 2 cups zucchini grated

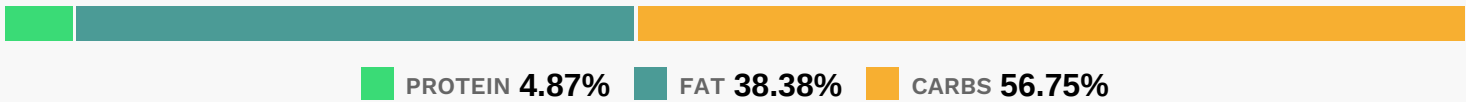
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F, grease a 9X13" pan with nonstick spray.
- ☐ Mix flax and water in a small dish, set aside.Sift baking soda, flour, cocoa and spices, set aside.In a mixing bowl, mix margarine, oil, sugar, flax and water mixture and soymilk.
- ☐ Add the dry ingredients alternately with the zucchini, then fold in chocolate chips.
- ☐ Bake 35-45 minutes or until an inserted toothpick comes out clean, and drizzle with chocolate powdered sugar glaze if desired...enjoy!

Nutrition Facts



Properties

Glycemic Index:31.55, Glycemic Load:31.44, Inflammation Score:-5, Nutrition Score:9.7143478263979%

Flavonoids

Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 472.59kcal (23.63%), Fat: 21.13g (32.51%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 70.28g (23.43%), Net Carbohydrates: 66.31g (24.11%), Sugar: 41.28g (45.87%), Cholesterol: 0mg (0%), Sodium: 191.37mg (8.32%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Caffeine: 7.24mg (2.42%), Protein: 6.03g (12.07%), Manganese: 0.44mg (21.76%), Vitamin B1: 0.29mg (19.35%), Iron: 3.45mg (19.15%), Folate: 69.28µg (17.32%), Selenium: 11.92µg (17.03%), Fiber: 3.97g (15.87%), Vitamin K: 14.69µg (13.99%), Vitamin B2: 0.22mg (12.96%), Vitamin B3: 2.46mg (12.32%), Copper: 0.21mg (10.71%), Magnesium: 33.13mg (8.28%), Vitamin E: 1.18mg (7.9%), Phosphorus: 77.27mg (7.73%), Vitamin A: 367.25IU (7.34%), Vitamin C: 5.34mg (6.47%), Calcium: 60.51mg (6.05%), Potassium: 179.6mg (5.13%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.14µg (2.25%), Vitamin B5: 0.22mg (2.16%)