



Chocolate Zucchini Cake II

READY IN



45 min.

SERVINGS



15

CALORIES



323 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter softened
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup semi chocolate chips
- 0.5 cup milk sour
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

- 0.5 cup vegetable oil
- 1.8 cups sugar white
- 2 cups zucchini diced finely

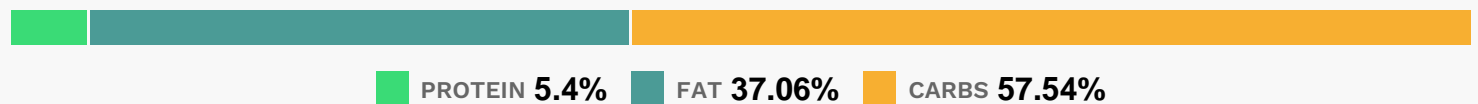
Equipment

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C), grease and flour a 9x13 inch pan.
- Cream butter, oil and sugar until light and fluffy.
- Add eggs, vanilla and sour milk. Beat until smooth.
- Mix flour, cocoa, baking soda and cinnamon together and add to creamed mixture. Beat well. Stir in diced zucchini.
- Pour into a 9x13 inch pan and sprinkle top with chocolate chips.
- Bake at 350 degrees F (175 degrees C) for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.87, Glycemic Load:27.99, Inflammation Score:-4, Nutrition Score:7.2700000897698%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 322.53kcal (16.13%), Fat: 13.53g (20.82%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 45.03g (16.38%), Sugar: 28.64g (31.82%), Cholesterol: 39.79mg (13.26%), Sodium: 136.54mg

(5.94%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 13.62mg (4.54%), Protein: 4.44g (8.88%), Manganese: 0.4mg (20.03%), Selenium: 10.48µg (14.97%), Copper: 0.25mg (12.46%), Vitamin B1: 0.18mg (12.22%), Iron: 2.11mg (11.71%), Folate: 45.54µg (11.39%), Vitamin B2: 0.17mg (10.18%), Magnesium: 37.74mg (9.43%), Phosphorus: 92.21mg (9.22%), Fiber: 2.25g (9.01%), Vitamin B3: 1.45mg (7.27%), Vitamin A: 273.21IU (5.46%), Potassium: 178.53mg (5.1%), Zinc: 0.73mg (4.89%), Vitamin K: 4.94µg (4.7%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.47mg (3.11%), Calcium: 31.08mg (3.11%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.06mg (2.86%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.21µg (1.38%)