



Chocolate Zucchini Cakes

READY IN



165 min.

SERVINGS



30

CALORIES



159 kcal

DESSERT

Ingredients

- 4 oz semisweet chocolate baking bar finely chopped
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 0.7 cup buttermilk whole
- 0.5 cup canola oil
- 3 large eggs
- 2.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 cups sugar

- 1 teaspoon salt
- 0.7 cup cocoa unsweetened
- 2 teaspoons vanilla extract
- 2 cups zucchini grated unpeeled (2 medium)

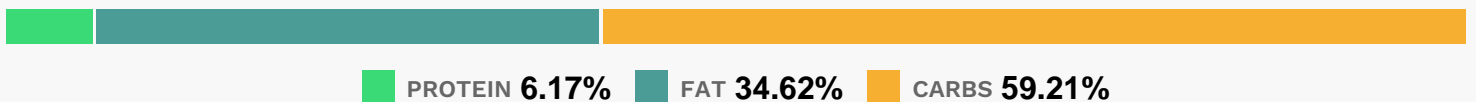
Equipment

- oven
- loaf pan
- stand mixer

Directions

- Preheat oven to 350
- Beat first 3 ingredients at medium speed with a heavy-duty electric stand mixer until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition. Sift together flour and next 4 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir zucchini and next 2 ingredients into batter until blended. Spoon batter into lightly greased loaf pans, filling two-thirds full.
- Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pans on wire racks (about 1 hour).
- Prepare Chocolate Fudge Frosting. Spoon hot frosting over cooled cakes (about 1/4 cup each); cool completely (about 30 minutes).

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:14.78, Inflammation Score:-2, Nutrition Score:3.9417391186175%

Flavonoids

Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 159.4kcal (7.97%), Fat: 6.34g (9.76%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 23.03g (8.37%), Sugar: 15.28g (16.97%), Cholesterol: 27.55mg (9.18%), Sodium: 152.82mg (6.64%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Caffeine: 7.65mg (2.55%), Protein: 2.55g (5.09%), Manganese: 0.21mg (10.66%), Selenium: 5.75µg (8.22%), Copper: 0.14mg (7.21%), Iron: 1.09mg (6.04%), Vitamin B1: 0.09mg (5.83%), Vitamin B2: 0.1mg (5.79%), Folate: 23.12µg (5.78%), Fiber: 1.37g (5.49%), Phosphorus: 52.88mg (5.29%), Magnesium: 21.08mg (5.27%), Vitamin B3: 0.7mg (3.48%), Vitamin A: 148.87IU (2.98%), Potassium: 98.29mg (2.81%), Zinc: 0.42mg (2.77%), Vitamin E: 0.32mg (2.1%), Vitamin C: 1.48mg (1.8%), Calcium: 17.96mg (1.8%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.54µg (1.47%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.13%)