



Chocolate Zucchini Mini-Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5.5 teaspoons baking soda
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 cup cocoa powder
- ☐ 0.3 cup powdered sugar
- ☐ 8 ounces cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 orange juice finely grated ()
- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 0.5 cup pecans chopped
- ☐ 3 ounces butter unsalted at room temperature
- ☐ 2.5 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 2.3 cups zucchini shredded

Equipment

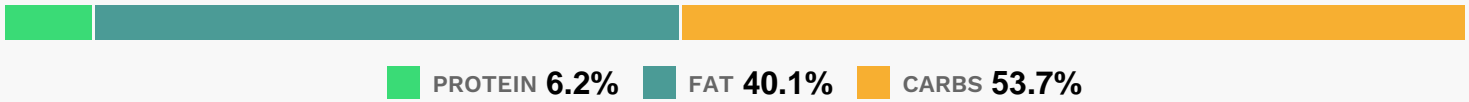
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ziploc bags
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F. Grease 3 mini-muffin tins with nonfat cooking spray.
- ☐ In a large bowl, whisk together the sugar, oil, and 2 teaspoons of the vanilla.
- ☐ Add the eggs one at a time, whisking well after each, then add the buttermilk or yogurt.
- ☐ Whisk in the zucchini, lemon zest, and half the orange zest.
- ☐ In a medium bowl, combine the flour, cocoa, baking soda, salt, and cinnamon, whisking to aerate. Stir half the flour mixture into the egg mixture, then the other half. Fold in the nuts (if using) and distribute the batter evenly into the muffin tins.
- ☐ Bake on the center rack until springy but firm to the touch and lightly browned around the edges, about 30 minutes. Cool in the pans for about 10 minutes, then remove and let cool completely.

- ☐ To make the icing, blend the cheese and butter in the bowl of a food processor until they are well combined and no lumps remain.
- ☐ Add the confectioners' sugar, orange juice, and the remaining vanilla and orange zest, and process until smooth.
- ☐ Ice the muffins with a knife (or forgo the icing if you'd like to convert these muffins from an after-dinner treat to a healthy breakfast).
- ☐ Serve the same day or store in the refrigerator for up to 3 days.
- ☐ To keep squash fresh for as long as possible, handle it carefully to avoid bruising, and don't wash it until just before use. If stored in a perforated plastic bag in the refrigerator, it should keep for 4 to 5 days.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:12.78, Inflammation Score:-2, Nutrition Score:3.4460869379666%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 149.26kcal (7.46%), Fat: 6.87g (10.56%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 19.75g (7.18%), Sugar: 13.02g (14.46%), Cholesterol: 27.24mg (9.08%), Sodium: 260.03mg (11.31%), Alcohol: 0.1g (100%), Alcohol %: 0.22% (100%), Protein: 2.39g (4.78%), Manganese: 0.2mg (9.76%), Selenium: 5.16µg (7.37%), Vitamin B1: 0.09mg (5.87%), Vitamin B2: 0.1mg (5.64%), Folate: 21.74µg (5.43%), Copper: 0.09mg (4.34%), Phosphorus: 43.33mg (4.33%), Iron: 0.73mg (4.06%), Vitamin A: 188.24IU (3.76%), Fiber: 0.93g (3.74%), Magnesium: 12.74mg (3.19%), Vitamin B3: 0.61mg (3.06%), Vitamin C: 2.46mg (2.99%), Vitamin K: 2.44µg (2.32%), Zinc: 0.34mg (2.26%), Potassium: 76.42mg (2.18%), Vitamin B5: 0.19mg (1.85%), Calcium: 17.76mg (1.78%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.06µg (1.06%)