



Chocolate Zucchini Muffins

 Vegetarian  Dairy Free  Popular

READY IN



45 min.

SERVINGS



24

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs
- 3 cups flour all-purpose
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg

- 1 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract
- 1 cup vegetable oil
- 2 cups sugar white
- 2 cups zucchini grated

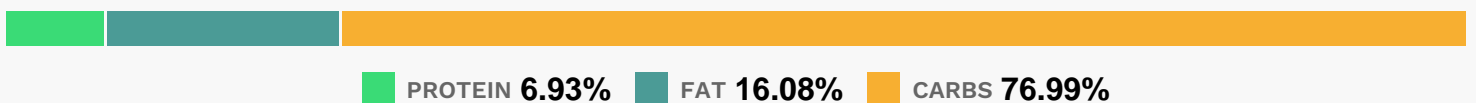
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line two 12 cup muffin tins with paper liners.
- In a large bowl beat the eggs. Beat in the sugar and oil.
- Add the cocoa, vanilla, zucchini and stir well.
- Stir in the flour, baking soda, baking powder, salt, cinnamon, nutmeg, cloves and cardamom.
- Mix until just moist.
- Pour batter into prepared muffin tins filling 2/3 of the way full.
- Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes.
- Remove from pan and let cool on a wire rack. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:20.32, Inflammation Score:-2, Nutrition Score:3.8917391066966%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 150.49kcal (7.52%), Fat: 2.76g (4.24%), Saturated Fat: 0.58g (3.66%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 28.69g (10.43%), Sugar: 17.01g (18.9%), Cholesterol: 20.46mg (6.82%), Sodium: 160.78mg (6.99%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 2.67g (5.34%), Selenium: 7.28µg (10.4%), Manganese: 0.2mg (9.82%), Vitamin B1: 0.13mg (8.71%), Folate: 34.06µg (8.52%), Vitamin B2: 0.12mg (6.97%), Iron: 1.05mg (5.85%), Vitamin B3: 1mg (5.01%), Phosphorus: 42.42mg (4.24%), Fiber: 1g (3.98%), Copper: 0.08mg (3.95%), Vitamin K: 3.91µg (3.73%), Magnesium: 12.13mg (3.03%), Vitamin C: 1.86mg (2.25%), Potassium: 70.78mg (2.02%), Zinc: 0.3mg (2%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.23mg (1.54%), Calcium: 14.22mg (1.42%), Vitamin A: 50.48IU (1.01%)