

Chocolate Zucchini Roll

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



335 kcal

BREAD

Ingredients

- 0.5 cup cocoa powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 10 servings powdered sugar
- 1 cup powdered sugar
- 8 ounces cream cheese softened
- 3 eggs
- 1 cup flour all-purpose

- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons vanilla extract
- 1 cup zucchini shredded peeled

Equipment

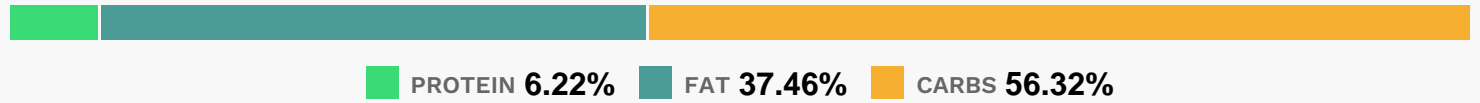
- bowl
- frying pan
- oven
- wire rack
- baking pan
- kitchen towels

Directions

- Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper. Grease the paper; set aside. In a large bowl, beat eggs for 3 minutes. Gradually add sugar; beat for 2 minutes or until mixture becomes thick and lemon-colored. Stir in zucchini and vanilla.
- Combine the flour, cocoa, baking soda, cinnamon and salt; add to egg mixture until well blended. (batter will be thick).
- Spread batter evenly in prepared pan.
- Bake at 350° for 10–15 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Invert onto a kitchen towel dusted with cocoa. Gently peel off waxed paper.
- Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.
- For filling, in a large bowl, beat cream cheese, butter and vanilla until fluffy. Beat in confectioners' sugar until smooth.
- Unroll cake; spread filling evenly over cake to within 1/2 in. of edges.
- Roll up again.

Place seam side down on a serving platter. Dust with confectioners' sugar. Cover and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:6.7317391944968%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 334.7kcal (16.74%), Fat: 14.46g (22.25%), Saturated Fat: 8.29g (51.81%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 46.77g (17.01%), Sugar: 35.96g (39.96%), Cholesterol: 84.21mg (28.07%), Sodium: 296.81mg (12.9%), Alcohol: 0.28g (100%), Alcohol %: 0.33% (100%), Caffeine: 9.89mg (3.3%), Protein: 5.4g (10.8%), Selenium: 11.15µg (15.93%), Manganese: 0.32mg (15.84%), Vitamin B2: 0.21mg (12.1%), Vitamin A: 543.08IU (10.86%), Copper: 0.2mg (10.24%), Phosphorus: 101.72mg (10.17%), Folate: 35.65µg (8.91%), Fiber: 2.16g (8.63%), Iron: 1.52mg (8.43%), Vitamin B1: 0.12mg (7.86%), Magnesium: 30.4mg (7.6%), Zinc: 0.72mg (4.78%), Potassium: 163.37mg (4.67%), Vitamin B3: 0.93mg (4.63%), Vitamin B5: 0.43mg (4.3%), Calcium: 42.59mg (4.26%), Vitamin B6: 0.07mg (3.33%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.18µg (2.95%), Vitamin C: 2.23mg (2.7%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.65µg (1.57%)