



Cranberry Zucchini Snack Cake

 Vegetarian

READY IN



53 min.

SERVINGS



32

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 14 ounces pineapple crushed canned
- ☐ 0.3 cup coconut oil melted
- ☐ 1 cup cranberries fresh
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup yogurt plain
- ☐ 1 teaspoon salt

- ☐ 1 cup apple sauce unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts
- ☐ 1.5 cups sugar white
- ☐ 1 cup zucchini shredded

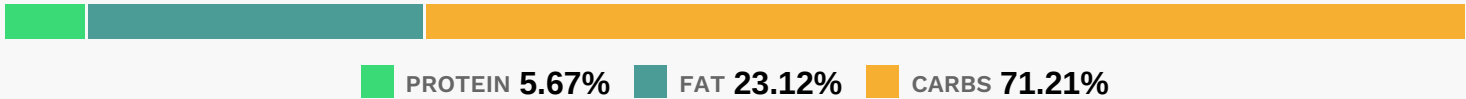
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line two 9-inch round pans with parchment paper. Puree the can of crushed pineapple with the juice and set aside.In a large bowl sift together the flour, sugar, baking powder, baking soda and salt.In another bowl, whisk together the applesauce, yogurt, oil, vanilla extract and blended pineapple puree.Incorporate the wet ingredients into the dry flour mix and stir until just combined.Fold in the zucchini, cranberries and walnuts.Divide the batter between the two pans. To be precise scoop out 1 cup of batter each time and fill the pans equally.
- ☐ Bake for about 30–35 minutes or until a toothpick inserted in the middle of the cakes comes out clean.Cool in the pans for 10 minutes and then move it to wire racks to cool completely. Dust with confectioner’s sugar, if desired.
- ☐ Cut each cake into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:11.19, Glycemic Load:13.25, Inflammation Score:-1, Nutrition Score:2.8286956398869%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 3.19g (4.9%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 21.25g (7.73%), Sugar: 12.36g (13.73%), Cholesterol: 0.5mg (0.17%), Sodium: 126.23mg (5.49%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 1.76g (3.52%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.12mg (7.74%), Folate: 25.32µg (6.33%), Selenium: 4.29µg (6.12%), Vitamin B2: 0.08mg (4.54%), Vitamin B3: 0.78mg (3.89%), Iron: 0.7mg (3.87%), Fiber: 0.84g (3.34%), Copper: 0.07mg (3.32%), Vitamin C: 2.42mg (2.93%), Phosphorus: 29.12mg (2.91%), Magnesium: 8.97mg (2.24%), Calcium: 20.71mg (2.07%), Vitamin B6: 0.04mg (1.79%), Potassium: 60.77mg (1.74%), Zinc: 0.19mg (1.29%)