



Grandma's Zucchini Cake



Vegetarian



Popular

READY IN



60 min.

SERVINGS



20

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons cinnamon with other spices such as allspice and nutmeg, go easy on the cloves though)
- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 eggs
- ☐ 2 cups granulated sugar white
- ☐ 1 cup vegetable oil

- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon lemon zest grated (optional, my addition)
- ☐ 2 cups un-peeled zucchini grated (from 3-4 regular sized zucchini) (place zucchini in a sieve and press out some of the excess moisture before measuring)
- ☐ 1 cup walnuts black chopped (my grandmother recommends walnuts)
- ☐ 0.5 cup golden raisins
- ☐ 3 ounces cream cheese softened room temperature (Philadelphia cream cheese recommended)
- ☐ 0.3 cup butter room temperature
- ☐ 1.5 cups powdered sugar

Equipment

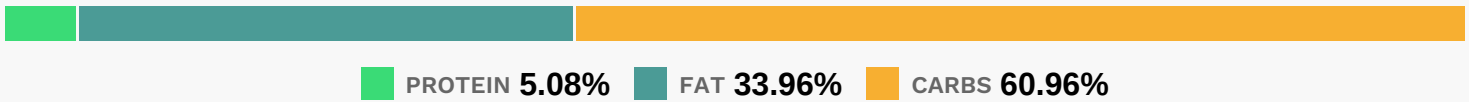
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Butter a 9x12 or 9x13 baking pan (I used a pyrex pan).
- ☐ In a medium bowl, whisk together the flour, cinnamon, baking soda, salt, and baking powder. Set aside.
- ☐ In a mixer, beat the 3 eggs on high speed until frothy. Lower the speed and beat in the sugar, vegetable oil, vanilla, and lemon zest (if using). Stir in the flour mixture, a third at a time. Stir in the zucchini and chopped nuts and/or raisins.
- ☐ Pour mixture into a 9x12 or 9x13 baking pan.
- ☐ Bake at 350°F for 40 to 45 minutes. (My grandmother's notes say you can also bake in an angel food pan for 1 hour.)

- ☐ Remove from oven and let cool completely before frosting. (While the cake is cooling, let the frosting's cream cheese and butter sit at room temperature to soften.)
- ☐ To make the frosting, beat together the cream cheese and butter.
- ☐ Add the powdered sugar and beat until smooth.
- ☐ Frost the cake and serve. Store covered with aluminum foil.

Nutrition Facts



Properties

Glycemic Index:21.04, Glycemic Load:22.63, Inflammation Score:-3, Nutrition Score:5.0491304138432%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 273.94kcal (13.7%), Fat: 10.65g (16.38%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 41.94g (15.25%), Sugar: 31.62g (35.13%), Cholesterol: 34.95mg (11.65%), Sodium: 274.34mg (11.93%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 3.58g (7.17%), Manganese: 0.33mg (16.41%), Selenium: 7.18µg (10.25%), Folate: 35.35µg (8.84%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.14mg (8%), Copper: 0.14mg (6.99%), Phosphorus: 62.27mg (6.23%), Iron: 1.02mg (5.66%), Vitamin K: 5.17µg (4.93%), Vitamin B3: 0.92mg (4.59%), Magnesium: 17.05mg (4.26%), Fiber: 1.05g (4.21%), Vitamin B6: 0.08mg (4.16%), Vitamin A: 190.76IU (3.82%), Potassium: 117.14mg (3.35%), Vitamin C: 2.62mg (3.17%), Zinc: 0.43mg (2.89%), Vitamin E: 0.42mg (2.79%), Calcium: 24.79mg (2.48%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.07µg (1.22%)