



Sneaky Mommy's Chocolate Zucchini Cake

 Vegetarian

READY IN



185 min.

SERVINGS



15

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple juice concentrate thawed
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup carrots shredded
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup dates chopped
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 cup milk
- ☐ 1 cup raisins chopped
- ☐ 1 cup sugar
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 2.5 cups flour whole wheat
- ☐ 2 cups zucchini shredded unpeeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Whisk together the flour, cocoa powder, baking soda, cinnamon, baking powder, and cloves in a bowl; set aside.
- ☐ Beat together the eggs, sugar, applesauce, vegetable oil, apple juice concentrate, and vanilla extract in a mixing bowl until smooth. Stir in the dry mixture alternately with the milk, then add the zucchini, carrot, raisins, and dates; stir until just moistened.
- ☐ Pour into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes. Cool in the pan set over a wire rack.

Nutrition Facts



PROTEIN 8.37% FAT 13.2% CARBS 78.43%

Properties

Glycemic Index:27.9, Glycemic Load:15.45, Inflammation Score:-6, Nutrition Score:9.4295652949292%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 201.57kcal (10.08%), Fat: 3.17g (4.88%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 38.34g (13.94%), Sugar: 18.51g (20.56%), Cholesterol: 22.8mg (7.6%), Sodium: 107.27mg (4.66%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.3mg (1.1%), Protein: 4.53g (9.06%), Manganese: 1.02mg (50.79%), Selenium: 14.84µg (21.2%), Fiber: 4.08g (16.33%), Vitamin A: 795.82IU (15.92%), Phosphorus: 123.17mg (12.32%), Magnesium: 45.21mg (11.3%), Copper: 0.19mg (9.64%), Vitamin B1: 0.14mg (9.07%), Potassium: 293.15mg (8.38%), Iron: 1.45mg (8.08%), Vitamin B6: 0.16mg (7.97%), Vitamin B2: 0.12mg (7.05%), Vitamin B3: 1.32mg (6.61%), Zinc: 0.83mg (5.51%), Vitamin C: 3.94mg (4.78%), Folate: 17.97µg (4.49%), Vitamin K: 4.67µg (4.45%), Calcium: 41.03mg (4.1%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.21µg (1.38%)