



Streuseled Zucchini Bundt Cake

 Vegetarian

READY IN



80 min.

SERVINGS



14

CALORIES



323 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.3 cup canola oil
- 0.8 cup powdered sugar
- 1 tablespoon breadcrumbs dry
- 1 eggs

- 2 egg whites
- 2 teaspoons skim milk fat-free
- 1.3 cups yogurt plain fat-free
- 1.3 cups yogurt plain fat-free
- 3 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 tablespoon ground cinnamon
- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.8 cup sugar
- 4 teaspoons vanilla extract divided
- 0.3 cup walnut pieces chopped
- 2 cups zucchini shredded dry

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- In a large bowl, beat the zucchini, yogurt, sugar, egg whites, oil, egg and 3 teaspoons vanilla until well blended. In a small bowl, combine the flour, baking powder, baking soda and salt; gradually beat into zucchini mixture until blended.
- Coat a 10-in. fluted tube pan with cooking spray; sprinkle with bread crumbs.
- Pour a third of the batter into pan.
- Combine the brown sugar, walnuts, raisins, cinnamon and allspice; sprinkle half over batter. Top with another third of the batter.

- Sprinkle with remaining brown sugar mixture; top with remaining batter.
- Bake at 350 for 55–65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
- In a small bowl, combine confectioners' sugar, remaining vanilla and enough milk to achieve desired consistency; drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:23.95, Inflammation Score:-3, Nutrition Score:9.0330435076486%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 323.2kcal (16.16%), Fat: 7.96g (12.25%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 54.73g (19.9%), Sugar: 31.59g (35.1%), Cholesterol: 12.65mg (4.22%), Sodium: 266.04mg (11.57%), Alcohol: 0.39g (100%), Alcohol %: 0.35% (100%), Protein: 7.19g (14.38%), Manganese: 0.44mg (22.04%), Selenium: 13.22µg (18.88%), Vitamin B2: 0.31mg (18.25%), Vitamin B1: 0.26mg (17.54%), Folate: 64.29µg (16.07%), Calcium: 148.15mg (14.81%), Phosphorus: 140.29mg (14.03%), Iron: 1.8mg (10%), Vitamin B3: 1.87mg (9.35%), Potassium: 267.86mg (7.65%), Vitamin E: 1.04mg (6.91%), Fiber: 1.67g (6.69%), Magnesium: 26.26mg (6.57%), Copper: 0.12mg (6.21%), Zinc: 0.86mg (5.75%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.32µg (5.39%), Vitamin B6: 0.1mg (4.97%), Vitamin K: 5.05µg (4.81%), Vitamin C: 3.86mg (4.68%), Vitamin A: 59.75IU (1.2%)