



Vegan Chocolate Zucchini Cupcakes

 Dairy Free

READY IN



36 min.

SERVINGS



12

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 12 servings zucchini – apples
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 2 tablespoons coconut oil
- ☐ 12 servings coconut oil – any oil neutral
- ☐ 12 servings dairy milk for non-vegans
- ☐ 12 servings applesauce – any other fruit pureed
- ☐ 12 servings pastry flour – equal parts of all purpose flour and flour whole wheat

- ☐ 1 cup rice milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar
- ☐ 0.8 cup sugar white
- ☐ 1.5 cup pastry flour whole wheat
- ☐ 1 cup zucchini shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line a 12 cup muffin tin with paper liners or lightly grease it with non-stick cooking spray. In a liquid measuring mug combine together the milk and vinegar.
- ☐ Let is stand for about 5 minutes or until it curdles.In a large bowl stir together the measured dry ingredients and make a well.Now add the curdled milk mixture and the rest of the wet ingredients one by one and stir until just combined.Fold in the shredded zucchini too.Divide the batter among 12 cavities of the prepared muffin tin and bake for about 15–20 minutes or until the toothpick inserted in the center of the cupcake comes out clean. Mine was done after 16 minutes itself.
- ☐ Remove the pan from the oven and cool it on a wire rack for about 5 minutes after which pop out the cupcakes from the tin. Cool it completely on the wire rack before you can frost it.

Nutrition Facts



Properties

Glycemic Index:26.96, Glycemic Load:12.73, Inflammation Score:-5, Nutrition Score:8.3669565093258%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 357.17kcal (17.86%), Fat: 17.32g (26.64%), Saturated Fat: 13.73g (85.8%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 47.98g (17.45%), Sugar: 33.88g (37.64%), Cholesterol: 0mg (0%), Sodium: 204.5mg (8.89%), Alcohol: 0.1lg (100%), Alcohol %: 0.06% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.42g (6.83%), Manganese: 0.79mg (39.73%), Fiber: 5.91g (23.62%), Selenium: 10.28µg (14.68%), Copper: 0.25mg (12.4%), Magnesium: 41.9mg (10.48%), Phosphorus: 95.49mg (9.55%), Vitamin C: 7.43mg (9%), Vitamin A: 418.38IU (8.37%), Potassium: 288.67mg (8.25%), Vitamin B1: 0.11mg (7.5%), Iron: 1.33mg (7.4%), Vitamin K: 7.73µg (7.36%), Vitamin B3: 1.44mg (7.18%), Vitamin B6: 0.13mg (6.59%), Vitamin B2: 0.09mg (5.33%), Zinc: 0.71mg (4.74%), Folate: 14.73µg (3.68%), Calcium: 23.03mg (2.3%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.29mg (1.92%)