

Zucchini Bars

READY IN



40 min.

SERVINGS



15

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 2.5 cups confectioners' sugar
- 3 ounce cream cheese
- 3 eggs
- 2.3 cups flour all-purpose
- 0.5 cup butter
- 1 teaspoon salt
- 2 teaspoons vanilla extract

- 1 cup vegetable oil
- 2 cups sugar white
- 2 cups zucchini grated

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a large bowl, mix together the eggs, oil, sugar and vanilla until well blended.
- Combine the flour, baking powder, baking soda and salt; stir into the sugar mixture.
- Mix in the zucchini.
- Spread the batter evenly into the prepared pan.
- Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Allow bars to cool completely before frosting. To make the frosting, blend together the margarine, cream cheese and confectioners' sugar until well blended.
- Spread over cooled bars before cutting.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:29.5, Inflammation Score:-4, Nutrition Score:5.163478281187%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 368.15kcal (18.41%), Fat: 12.11g (18.64%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 62.4g (20.8%), Net Carbohydrates: 61.71g (22.44%), Sugar: 46.95g (52.17%), Cholesterol: 38.46mg (12.82%), Sodium: 412.1mg (17.92%), Alcohol: 0.18g (100%), Alcohol %: 0.19% (100%), Protein: 3.73g (7.47%), Selenium: 10.1µg (14.42%), Folate: 44.27µg (11.07%), Vitamin B1: 0.17mg (11.05%), Vitamin B2: 0.18mg (10.41%), Vitamin A: 427.39IU (8.55%), Manganese: 0.17mg (8.42%), Iron: 1.16mg (6.44%), Vitamin B3: 1.24mg (6.19%), Vitamin K: 6.26µg (5.96%), Phosphorus: 54.01mg (5.4%), Vitamin E: 0.64mg (4.3%), Vitamin C: 2.97mg (3.61%), Vitamin B5: 0.29mg (2.93%), Fiber: 0.69g (2.76%), Vitamin B6: 0.05mg (2.72%), Potassium: 88.53mg (2.53%), Copper: 0.05mg (2.39%), Magnesium: 9.13mg (2.28%), Calcium: 22.8mg (2.28%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.18µg (1.17%)