



Zucchini Brownies

READY IN



105 min.

SERVINGS



24

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 0.8 cup zucchini shredded (1 medium)
- ☐ 0.3 cup chocolate chips miniature
- ☐ 16 oz chocolate frosting

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom of 13x9–inch pan with shortening or cooking spray. Make brownie batter as directed on box for cakelike brownies. Stir in zucchini and chocolate chips.
- ☐ Spread in pan.
- ☐ Bake 22 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 hour.
- ☐ Spread frosting over top. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.91521738534388%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.95kcal (9.1%), Fat: 6.49g (9.99%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 30.14g (10.96%), Sugar: 23.11g (25.67%), Cholesterol: 0.38mg (0.13%), Sodium: 98.65mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Iron: 0.91mg (5.06%), Manganese: 0.05mg (2.61%), Vitamin E: 0.3mg (2%), Copper: 0.04mg (1.99%), Phosphorus: 16.4mg (1.64%), Potassium: 47.16mg (1.35%), Magnesium: 4.67mg (1.17%), Fiber: 0.28g (1.11%)