



Zucchini Chip Cupcakes

READY IN



35 min.

SERVINGS



24

CALORIES



180 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 0.5 cup canola oil
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 0.3 cup pecans chopped

- 0.5 teaspoon salt
- 0.3 cup semisweet chocolate chips miniature
- 1.8 cups sugar
- 1 teaspoon vanilla extract
- 2 cups zucchini shredded

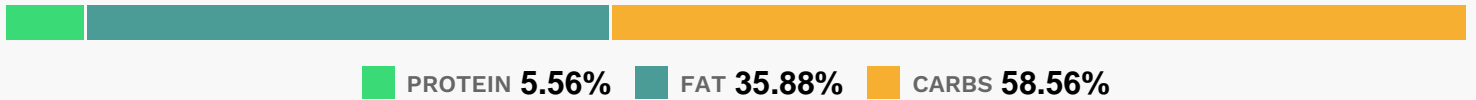
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- In a large bowl, cream the butter, oil and sugar until light and fluffy. Beat in the eggs, milk and vanilla.
- Combine the flour, cocoa, baking soda, salt and cinnamon; gradually add to creamed mixture. Fold in zucchini and chocolate chips.
- Fill greased or paper-lined muffin cups two-thirds full. Top with pecans.
- Bake at 375° for 20–25 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:17.5, Inflammation Score:-2, Nutrition Score:4.039999967036%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate:

0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:
0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 180.49kcal (9.02%), Fat: 7.37g (11.34%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 27.07g (9.02%), Net
Carbohydrates: 25.96g (9.44%), Sugar: 16.1g (17.88%), Cholesterol: 24.57mg (8.19%), Sodium: 133.28mg (5.79%),
Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.18mg (1.39%), Protein: 2.57g (5.14%), Manganese:
0.23mg (11.74%), Selenium: 6.17µg (8.82%), Vitamin B1: 0.12mg (8.03%), Folate: 28.71µg (7.18%), Vitamin B2: 0.11mg
(6.31%), Iron: 1.03mg (5.71%), Copper: 0.11mg (5.33%), Phosphorus: 47.68mg (4.77%), Fiber: 1.11g (4.46%), Vitamin B3:
0.88mg (4.4%), Magnesium: 16.1mg (4.02%), Vitamin A: 168.87IU (3.38%), Zinc: 0.38mg (2.51%), Potassium: 87.7mg
(2.51%), Vitamin E: 0.37mg (2.44%), Vitamin C: 1.86mg (2.26%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.18mg
(1.78%), Calcium: 17.13mg (1.71%), Vitamin K: 1.76µg (1.67%), Vitamin B12: 0.07µg (1.21%)