

Zucchini Chocolate Cake

READY IN



55 min.

SERVINGS



15

CALORIES



288 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 0.5 cup buttermilk
- 0.5 cup canola oil
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 0.5 cup semi chocolate chips
- 1.8 cups sugar
- 1 teaspoon vanilla extract
- 2 cups zucchini shredded peeled

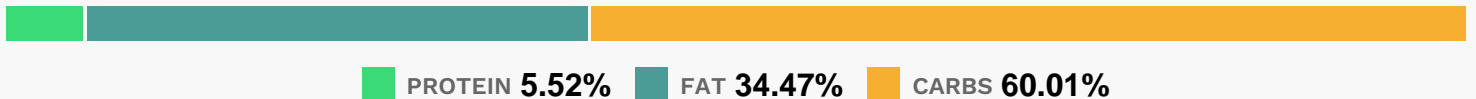
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a bowl, cream butter, oil and sugar. Beat in eggs and vanilla.
- Combine dry ingredients; add to the creamed mixture alternately with buttermilk.
- Mix well. Stir in zucchini.
- Pour into a greased 13-in. x 9-in. baking dish.
- Sprinkle with chocolate chips.
- Bake at 350° for 40–45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:28, Inflammation Score:-4, Nutrition Score:6.4486955922583%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 288.38kcal (14.42%), Fat: 11.28g (17.36%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 42.43g (15.43%), Sugar: 26.44g (29.37%), Cholesterol: 39.33mg (13.11%), Sodium: 155.47mg (6.76%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.46mg (2.82%), Protein: 4.07g (8.13%), Manganese: 0.34mg (17.05%), Selenium: 10.12µg (14.46%), Vitamin B1: 0.18mg (12.04%), Folate: 45.95µg (11.49%), Vitamin B2: 0.17mg (10.16%), Iron: 1.75mg (9.72%), Copper: 0.18mg (8.82%), Phosphorus: 78.15mg (7.82%), Fiber: 1.79g (7.14%), Vitamin B3: 1.4mg (7.02%), Magnesium: 27.12mg (6.78%), Vitamin A: 270.29IU (5.41%), Potassium: 143.48mg (4.1%), Vitamin E: 0.58mg (3.85%), Zinc: 0.57mg (3.82%), Vitamin C: 2.96mg (3.59%), Calcium: 34.6mg (3.46%), Vitamin K: 2.95µg (2.81%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.22µg (1.48%)