



Zucchini Chocolate Chip Cupcakes

READY IN



60 min.

SERVINGS



18

CALORIES



260 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 1 cup chocolate chips
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 4 tablespoons chocolate mix hot instant
- 0.5 cup olive oil

- 0.5 teaspoon salt
- 0.5 cup milk sour
- 1 teaspoon vanilla extract
- 1.8 cups sugar white
- 2.5 cups zucchini grated

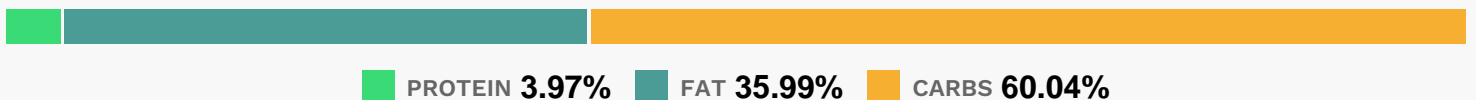
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour 18 muffin cups or use paper liners.
- Mix together the flour, baking soda, salt, cinnamon, nutmeg and hot chocolate mix. Set aside.
- In a large bowl, cream together the butter, olive oil and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour milk and vanilla. Beat in the flour mixture, just until incorporated. Stir in the grated zucchini and chocolate chips.
- Pour batter into prepared pan.
- Bake in the preheated oven for 25 to 30 minutes, or until the top of the cupcakes springs back when lightly pressed. Cool in pans over a wire rack for at least 10 minutes before removing from baking cups. They are really gooey fresh from the oven!

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:21.43, Inflammation Score:-2, Nutrition Score:3.8013043610946%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 259.62kcal (12.98%), Fat: 10.63g (16.35%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 39.16g (14.24%), Sugar: 27.98g (31.09%), Cholesterol: 32.56mg (10.85%), Sodium: 205.7mg (8.94%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 2.64g (5.28%), Selenium: 6.56µg (9.36%), Vitamin B1: 0.12mg (8.2%), Folate: 32.08µg (8.02%), Vitamin B2: 0.12mg (7.21%), Manganese: 0.14mg (6.98%), Iron: 0.88mg (4.88%), Vitamin A: 229.99IU (4.6%), Vitamin B3: 0.91mg (4.57%), Phosphorus: 39.75mg (3.98%), Vitamin C: 3.09mg (3.74%), Potassium: 107.99mg (3.09%), Fiber: 0.72g (2.89%), Calcium: 28.83mg (2.88%), Vitamin E: 0.4mg (2.69%), Vitamin B6: 0.05mg (2.35%), Vitamin B5: 0.2mg (2.03%), Magnesium: 7.84mg (1.96%), Vitamin K: 2µg (1.9%), Copper: 0.04mg (1.75%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.17µg (1.15%)