



## Zucchini Chocolate Orange Cake

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



5726 kcal

DESSERT

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 0.8 cup butter
- 1.3 cups confectioners' sugar
- 3 eggs beaten
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup milk

- 0.3 cup orange juice
- 1 tablespoon orange zest
- 1 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped
- 2 cups sugar white
- 3 cups zucchini grated

## Equipment

- bowl
- oven
- toothpicks
- kugelhopf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour Bundt pan.
- In a medium bowl, sift flour, cocoa, baking powder, baking soda, salt and cinnamon. Set aside.
- In a large bowl, cream butter and sugar until fluffy.
- Add eggs, 2 teaspoons vanilla and milk to the butter mixture. Stir in dry ingredients and mix until well blended. Fold in zucchini, orange zest and nuts.
- Pour into a greased and floured Bundt cake pan.
- Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until a toothpick inserted into center of cake comes out clean. Allow to cool, then drizzle with glaze.
- To make the glaze: In a small bowl mix together sugar, orange juice and 1 teaspoon vanilla. Invert cake onto serving dish, then pour glaze over.

## Nutrition Facts



PROTEIN 5.75%  FAT 36.61%  CARBS 57.64%

## Properties

Glycemic Index:417.09, Glycemic Load:462.64, Inflammation Score:-10, Nutrition Score:80.729564832604%

## Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg, Catechin: 27.87mg Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg, Epicatechin: 84.46mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## Nutrients (% of daily need)

Calories: 5725.59kcal (286.28%), Fat: 242.4g (372.92%), Saturated Fat: 105.37g (658.57%), Carbohydrates: 858.65g (286.22%), Net Carbohydrates: 820.9g (298.51%), Sugar: 572.07g (635.63%), Cholesterol: 871.72mg (290.57%), Sodium: 6411.33mg (278.75%), Alcohol: 1.38g (100%), Alcohol %: 0.09% (100%), Caffeine: 98.9mg (32.97%), Protein: 85.68g (171.36%), Manganese: 8.87mg (443.61%), Selenium: 166.63µg (238.04%), Folate: 877.24µg (219.31%), Vitamin B1: 3.25mg (216.44%), Copper: 4.32mg (215.86%), Phosphorus: 1857.16mg (185.72%), Vitamin B2: 3.14mg (184.42%), Iron: 29.36mg (163.1%), Fiber: 37.75g (150.99%), Magnesium: 581.6mg (145.4%), Vitamin C: 107.35mg (130.12%), Vitamin A: 6087.49IU (121.75%), Calcium: 1172.43mg (117.24%), Vitamin B3: 23.02mg (115.1%), Vitamin B6: 1.77mg (88.32%), Potassium: 3045.63mg (87.02%), Zinc: 12.43mg (82.84%), Vitamin B5: 5.73mg (57.25%), Vitamin E: 6.98mg (46.53%), Vitamin B12: 2.12µg (35.38%), Vitamin K: 34.53µg (32.89%), Vitamin D: 3.98µg (26.55%)