



## Zucchini Coconut Cake

 Vegetarian

READY IN



120 min.

SERVINGS



30

CALORIES



231 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 0.5 cup butter
- 3.8 cups confectioners' sugar
- 8 ounce cream cheese softened
- 4 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon salt

- 1 cup coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 2 cups sugar white
- 3 cups zucchini grated

## Equipment

- bowl
- oven
- baking pan
- hand mixer
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Grease 2 9x13-inch baking pans.
- Beat eggs, white sugar, and vegetable oil together until well blended.
- Stir flour, baking soda, cinnamon, and salt into egg mixture until batter is just mixed.
- Fold zucchini, 1 1/2 cups coconut and 1 1/2 cups black walnuts into batter until evenly distributed.
- Divide batter evenly between the prepared baking pans.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on wire racks.
- Beat cream cheese and butter in a large bowl with an electric mixer until smooth.
- Gradually beat confectioners' sugar into cream cheese mixture until frosting is light and fluffy.
- Fold 1 cup coconut, 1/2 cup black walnuts, raisins, and vanilla extract into cream cheese frosting.
- Spread cream cheese frosting over completely cooled cakes.

## Nutrition Facts



■ PROTEIN **3.98%** ■ FAT **33.04%** ■ CARBS **62.98%**

## Properties

Glycemic Index:8.07, Glycemic Load:14.06, Inflammation Score:-2, Nutrition Score:3.1856521523517%

## Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 230.58kcal (11.53%), Fat: 8.64g (13.29%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 36.35g (13.22%), Sugar: 29.68g (32.98%), Cholesterol: 37.59mg (12.53%), Sodium: 216.56mg (9.42%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 2.34g (4.68%), Selenium: 5.97µg (8.53%), Manganese: 0.13mg (6.67%), Vitamin B2: 0.1mg (6.14%), Folate: 21.87µg (5.47%), Vitamin A: 252.95IU (5.06%), Vitamin B1: 0.08mg (5.05%), Phosphorus: 37.25mg (3.73%), Vitamin K: 3.71µg (3.54%), Iron: 0.61mg (3.42%), Vitamin B3: 0.58mg (2.91%), Fiber: 0.7g (2.8%), Vitamin C: 2.22mg (2.7%), Vitamin E: 0.36mg (2.37%), Potassium: 71.85mg (2.05%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.04mg (1.96%), Magnesium: 7.07mg (1.77%), Copper: 0.04mg (1.76%), Calcium: 16.75mg (1.68%), Zinc: 0.24mg (1.6%), Vitamin B12: 0.08µg (1.25%)