



## Zucchini-Fig Mini Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup figs dried finely chopped
- 1 eggs
- 1 egg white
- 1 cup flour all-purpose
- 0.5 teaspoon ground nutmeg
- 0.8 cup yogurt plain low-fat

- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.5 cup pastry flour whole-wheat
- 1 pound zucchini grated (4 small or 2 large)

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- skewers
- kugelhopf pan

## Directions

- Preheat oven to 35
- Coat a 6-cup mini Bundt pan with spray.
- Combine flours, sugar, baking powder, baking soda, salt, and nutmeg in a large bowl.
- Whisk egg, egg white, yogurt, and oil in a separate bowl.
- Add wet ingredients to dry ingredients, stirring until just blended. Fold zucchini and figs into batter.
- Pour batter into pan.
- Bake until a wooden skewer or toothpick inserted into the center of a cake comes out with a few moist crumbs attached (40 to 45 minutes).
- Let cool 5 minutes, then transfer to a wire rack to cool completely. Dust with powdered sugar, if desired.

## Nutrition Facts



■ PROTEIN 8.59% ■ FAT 27.86% ■ CARBS 63.55%

## Properties

Glycemic Index:29.42, Glycemic Load:15.22, Inflammation Score:-3, Nutrition Score:6.0495652841485%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 173.78kcal (8.69%), Fat: 5.54g (8.52%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 26.9g (9.78%), Sugar: 16.09g (17.88%), Cholesterol: 14.56mg (4.85%), Sodium: 201.77mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Manganese: 0.36mg (18.11%), Selenium: 8.92µg (12.75%), Vitamin B2: 0.16mg (9.45%), Vitamin B1: 0.14mg (9.01%), Folate: 34.18µg (8.55%), Vitamin C: 6.93mg (8.4%), Phosphorus: 82.71mg (8.27%), Calcium: 64.56mg (6.46%), Fiber: 1.52g (6.07%), Iron: 1.02mg (5.65%), Potassium: 194.7mg (5.56%), Magnesium: 21.62mg (5.4%), Vitamin B3: 1.08mg (5.38%), Vitamin E: 0.79mg (5.26%), Vitamin B6: 0.1mg (5.19%), Vitamin K: 4.99µg (4.75%), Copper: 0.07mg (3.57%), Zinc: 0.53mg (3.55%), Vitamin B5: 0.32mg (3.18%), Vitamin A: 104.05IU (2.08%), Vitamin B12: 0.12µg (2.01%)