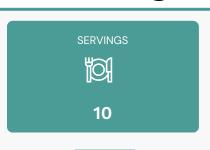


Zucchini Layer Cake with Tangy Buttercream Frosting







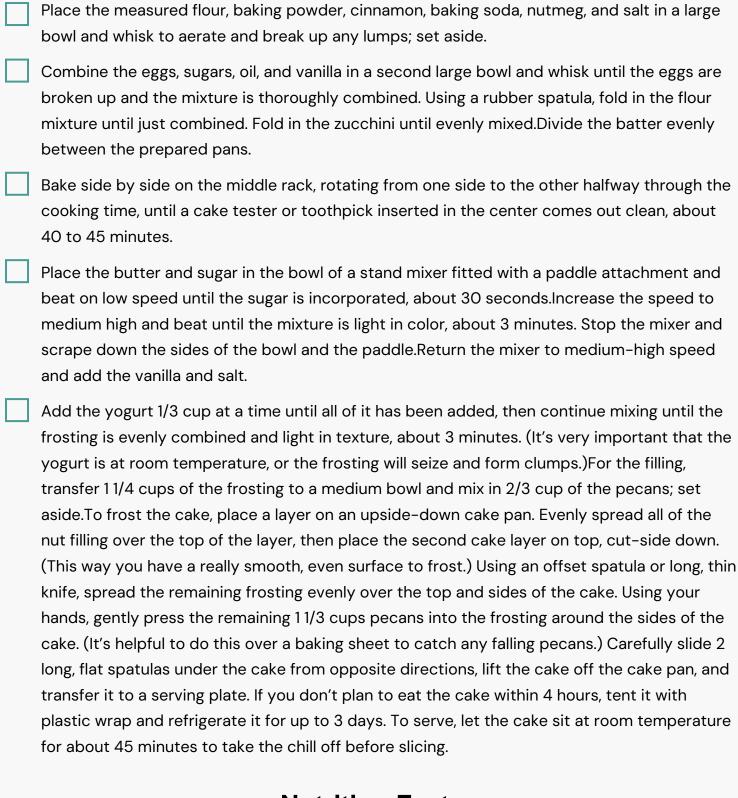
DESSERT

Ingredients

1.5 teaspoons double-acting baking powder
1 teaspoon baking soda
3 cups cake flour such as softasilk, plus more as needed
1 cup t brown sugar dark packed
4 large eggs at room temperature
1 cup granulated sugar
1.5 teaspoons ground cinnamon

0.5 teaspoon nutmeg freshly ground

	8 ounces pecans toasted finely chopped	
	1.8 cups powdered sugar	
	0.3 teaspoon salt fine	
	1 cup nonfat greek yogurt plain at room temperature	
	1 pound butter unsalted at room temperature	
	1 tablespoon vanilla extract	
	1 cup vegetable oil	
	3 cups zucchini grated ends trimmed (3 to 4 medium zucchini)	
Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
	whisk	
	plastic wrap	
	toothpicks	
	cake form	
	stand mixer	
	spatula	
	offset spatula	
Directions		
	Heat the oven to 350°F and arrange a rack in the middle.	
	Cut out 2 (8-inch) rounds of parchment paper; set aside. Coat 2 (8-inch) cake pans with butter, place the rounds in the pans, and coat the parchment with more butter. Coat the pans and parchment with flour and tap out any excess; set aside.	



Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:31.97, Inflammation Score:-7, Nutrition Score:15.613478059354%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg Catechin: 1.64mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 950.6kcal (47.53%), Fat: 60.3g (92.77%), Saturated Fat: 26.16g (163.53%), Carbohydrates: 95.49g (31.83%), Net Carbohydrates: 91.86g (33.4%), Sugar: 64.74g (71.93%), Cholesterol: 172.92mg (57.64%), Sodium: 282.44mg (12.28%), Alcohol: 0.45g (100%), Alcohol %: 0.21% (100%), Protein: 12.03g (24.07%), Manganese: 1.47mg (73.34%), Selenium: 24.92µg (35.6%), Vitamin A: 1331.16IU (26.62%), Phosphorus: 205.53mg (20.55%), Copper: 0.4mg (20.07%), Vitamin B2: 0.26mg (15.25%), Fiber: 3.63g (14.52%), Vitamin E: 2.14mg (14.27%), Vitamin B1: 0.21mg (14.11%), Vitamin K: 13.85µg (13.19%), Magnesium: 51.68mg (12.92%), Calcium: 129.03mg (12.9%), Zinc: 1.89mg (12.6%), Folate: 38.77µg (9.69%), Iron: 1.7mg (9.43%), Potassium: 328.04mg (9.37%), Vitamin B6: 0.18mg (9.01%), Vitamin B5: 0.89mg (8.89%), Vitamin C: 6.92mg (8.39%), Vitamin D: 1.08µg (7.2%), Vitamin B12: 0.4µg (6.59%), Vitamin B3: 0.92mg (4.6%)