






Zucchini-Pecan Cake with Cream Cheese Frosting

 Vegetarian

READY IN

155 min.

SERVINGS

10

CALORIES

452 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon kosher salt
- 4 ounce cream cheese fat-free room temperature reduced-fat (do not use or)
- 3 large eggs
- 1 cup brown sugar packed ()
- 1 cup brown sugar packed ()

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.8 cup olive oil extra-virgin (not)
- 0.8 cup pecans chopped
- 0.8 cup powdered sugar
- 3 tablespoons butter unsalted room temperature
- 0.5 teaspoon vanilla extract
- 8 ounces zucchini grated

Equipment

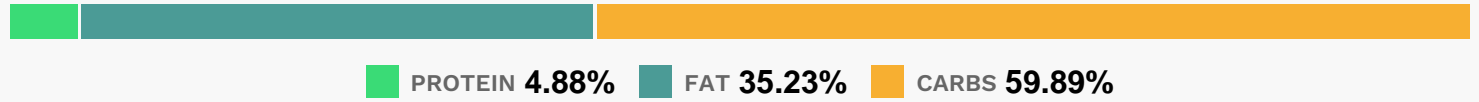
- bowl
- frying pan
- baking paper
- oven
- whisk
- hand mixer
- cake form

Directions

- Position rack in center of oven and preheat to 350°F. Line 9-inch-diameter cake pan with 2-inch-high sides with parchment paper. Coat parchment paper with nonstick spray.
- Whisk flour, baking powder, coarse salt, cinnamon, ginger, and nutmeg in medium bowl to blend well.
- Whisk oil, sugar, eggs, and vanilla in large bowl to blend well; fold in flour mixture, then grated zucchini and pecans.
- Transfer cake batter to prepared pan.
- Bake cake until tester inserted into center comes out clean, about 45 minutes. Cool cake completely in pan on rack, about 1 hour.
- Cut around sides of pan to loosen. Turn cake out onto platter; peel off parchment paper.

- Using electric mixer, beat cream cheese and butter in medium bowl until blended. Beat in sugar, vanilla, and cinnamon.
- Spread frosting thickly over top of cake. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Cut cake into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:10.79, Inflammation Score:-4, Nutrition Score:8.7608696585116%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 452.44kcal (22.62%), Fat: 18.14g (27.91%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 67.8g (24.66%), Sugar: 52.95g (58.84%), Cholesterol: 76.28mg (25.43%), Sodium: 368.33mg (16.01%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 5.65g (11.31%), Manganese: 0.62mg (31.17%), Selenium: 12.98µg (18.54%), Vitamin B1: 0.22mg (14.7%), Vitamin B2: 0.22mg (13.1%), Folate: 50.25µg (12.56%), Phosphorus: 109.61mg (10.96%), Calcium: 105.84mg (10.58%), Iron: 1.87mg (10.39%), Copper: 0.17mg (8.68%), Vitamin A: 388.56IU (7.77%), Vitamin B3: 1.39mg (6.95%), Vitamin E: 0.97mg (6.5%), Fiber: 1.6g (6.39%), Magnesium: 25.52mg (6.38%), Potassium: 210.57mg (6.02%), Vitamin B6: 0.11mg (5.67%), Zinc: 0.85mg (5.66%), Vitamin B5: 0.56mg (5.57%), Vitamin C: 4.16mg (5.04%), Vitamin K: 3.88µg (3.69%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.36µg (2.42%)