



Zucchini-Pecan Cake with Cream Cheese Frosting

 Vegetarian

READY IN



155 min.

SERVINGS



10

CALORIES



369 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 ()
- ☐ 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

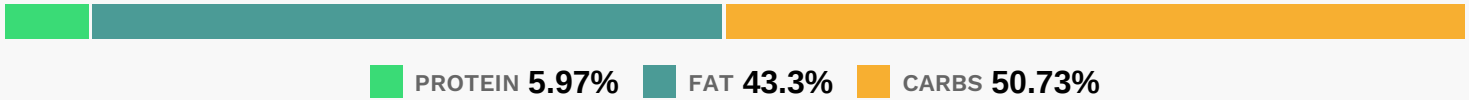
Directions

- ☐ 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.

☐☐

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:10.79, Inflammation Score:-4, Nutrition Score:8.4704347797062%

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: 368.84kcal (18.44%), Fat: 18.14g (27.91%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 46.22g (16.81%), Sugar: 31.61g (35.13%), Cholesterol: 76.28mg (25.43%), Sodium: 362.17mg (15.75%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 5.63g (11.25%), Manganese: 0.61mg (30.46%), Selenium: 12.71µg (18.16%), Vitamin B1: 0.22mg (14.7%), Vitamin B2: 0.22mg (13.1%), Folate: 50.03µg (12.51%), Phosphorus: 108.73mg (10.87%), Iron: 1.71mg (9.52%), Calcium: 87.58mg (8.76%), Copper: 0.16mg (8.17%), Vitamin A: 388.56IU (7.77%), Vitamin B3: 1.36mg (6.82%), Vitamin E: 0.97mg (6.5%), Fiber: 1.6g (6.39%), Magnesium: 23.54mg (5.89%), Zinc: 0.84mg (5.62%), Vitamin B5: 0.53mg (5.28%), Vitamin B6: 0.1mg (5.21%), Potassium: 181.31mg (5.18%), Vitamin C: 4.16mg (5.04%), Vitamin K: 3.88µg (3.69%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.36µg (2.42%)