



Zucchini Raspberry Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 0.8 cup butter softened
- 0.5 cup buttermilk
- 1 cup chocolate chips
- 2 eggs
- 2.5 cups flour all-purpose
- 1.3 cups raspberries fresh
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

- 1 cup sugar white
- 2 cups zucchini shredded

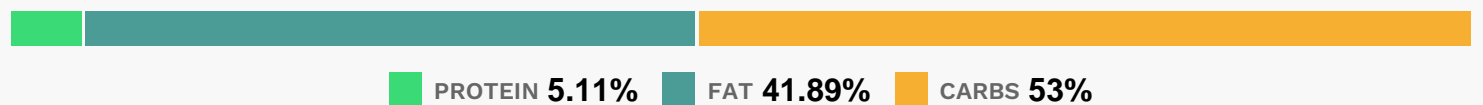
Equipment

- bowl
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups or line with paper muffin liners.
- Whisk together the flour, cocoa, and baking soda; set aside. Beat the butter and sugar with an electric mixer in a large bowl until light-colored and fluffy.
- Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla with the last egg.
- Pour in the flour mixture alternately with the buttermilk, mixing until just incorporated. Fold in the zucchini, raspberries, and chocolate chips, mixing just enough to evenly combine. Spoon the batter into the prepared muffin cups, filling each 3/4 full.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:13.2, Inflammation Score:-3, Nutrition Score:3.8404348077981%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 8.76g (13.48%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.74g (8.63%), Sugar: 13.47g (14.97%), Cholesterol: 29.44mg (9.81%), Sodium: 125.91mg (5.47%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.4g (4.81%), Manganese: 0.19mg (9.26%), Selenium: 6.01µg (8.58%), Vitamin B1: 0.11mg (7.58%), Folate: 30.09µg (7.52%), Vitamin B2: 0.11mg (6.36%), Iron: 0.88mg (4.9%), Fiber: 1.19g (4.77%), Vitamin A: 228.05IU (4.56%), Vitamin B3: 0.88mg (4.42%), Vitamin C: 3.49mg (4.23%), Phosphorus: 39.6mg (3.96%), Copper: 0.07mg (3.42%), Magnesium: 11.67mg (2.92%), Potassium: 99.31mg (2.84%), Calcium: 21.28mg (2.13%), Zinc: 0.29mg (1.9%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.18mg (1.84%), Vitamin B6: 0.04mg (1.77%), Vitamin K: 1.52µg (1.44%), Vitamin B12: 0.07µg (1.13%)