

Gluten-free Chocolate Zucchini Cake

Created by Gretchen Moran, FSHN graduate student

Ingredients:

4 cups shredded zucchini (firmly packed)
6 eggs
2/3 cup brown sugar
2/3 cup granulated sugar
1/3 cup olive oil
3/4 cup cocoa powder
1 cup sorghum flour
1 cup buckwheat flour
1 1/2 teaspoons guar gum
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1/4 teaspoon salt
1/2 cup semisweet chocolate chips

Frosting:

1 cup butter, softened
3/4 cup cocoa powder
1 1/2 - 2 cups powdered sugar
1/2 teaspoon vanilla

Directions:

Preheat oven to 350° F.

Thoroughly grease two 8-inch cake pans on bottom and sides. Place a circular cut out piece of parchment paper on the bottom of each pan. Grease the top of the parchment paper.

Blend oil, eggs, zucchini, sugar and cocoa powder together until combined. In a separate container mix all dry ingredients except chocolate chips. Add dry ingredients to the zucchini mixture and mix until combined. Add chocolate chips last and mix until incorporated. Pour 1/2 the mixture into each cake pan. Place in oven, bake between 35-45 minutes or until toothpick inserted into center comes out dry.

Cool for 10 minutes in pans on a wire rack, then turn cakes out onto wire rack and cool until @ room temperature.

In a food processor blend all frosting ingredients until smooth. Adjust sugar amount to taste. Chill to firm up prior to frosting cake. Frost cake once completely cooled.

Yield: 10-12 servings.

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

Nutrition Facts	
Serving Size 1 slice (184g)	
Servings Per Container 10-12	
Amount Per Serving	
Calories 570	Calories from Fat 280
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	% Daily Value*
Total Fat 32g	49%
Saturated Fat 15g	75%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 350mg	15%
Total Carbohydrate 73g	24%
Dietary Fiber 6g	24%
Sugars 51g	
Protein 10g	
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Vitamin A 15%	Vitamin C 10%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	