



Greek zucchini walnut cake – Karydopita

25'
Hands on

45'
Cook Time

10-12
Portion(s)

2
Difficulty



Method

For the syrup

- In a **pot** add the sugar, the water, the cinnamon, the lemon peels and juice, and transfer over high heat.
- Let it come to a boil until the sugar melts.
- Remove from the heat and let the syrup cool well.

For the walnut cake

- Preheat the oven to 180° C (350° F) set to fan.
- Grate the zucchini into a bowl and add the sugar, the olive oil, and whisk well.
- Add the eggs, the vanilla powder, and whisk well.
- In another bowl add the flour, the baking powder, the baking soda, the cinnamon, the nutmeg, the salt, and mix.
- In a blender, add the walnuts and beat until they break into small pieces. Add them to the bowl with the dry ingredients and mix.
- Transfer the dry ingredients into the bowl with the wet ingredients and mix with a serving spoon.
- Grease a **25x32 cm baking pan** with non-stick spray and transfer the mixture in.
- Bake for 40-45 minutes.
- Use a serving spoon to spread the cold syrup and set aside until the whole syrup is absorbed and the walnut cake is completely cool.
- Serve with ice cream and mint.

Ingredients

For the syrup

- 500 g granulated sugar
- 400 g water
- 1 stick(s) cinnamon
- lemon peel, of 1 lemon
- lemon juice, of ½ lemon

For the cake

- 350 g zucchinis
- 350 g granulated sugar
- 200 g olive oil
- 4 eggs, medium
- 1 teaspoon(s) vanilla powder
- 280 g all-purpose flour
- 1 teaspoon(s) baking powder
- 1/2 teaspoon(s) baking soda
- 1 tablespoon(s) cinnamon
- 1/2 teaspoon(s) nutmeg
- 1 pinch salt
- 200 g walnuts

To serve

- ice cream
- mint

Διατροφικός πίνακας

Nutrition information per portion

672 Calories (kcal)	30.0 Total Fat (g)	4.3 Saturated Fat (g)	90.0 Total Carbs (g)
34%	43%	22%	35%
72.0 Sugars (g)	8.5 Protein (g)	2.5 Fibre (g)	0.34 Sodium (g)
80%	17%	10%	6%