



## Aargau Carrot Cake

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup carrots grated
- 0.8 cup confectioners' sugar
- 3 eggs
- 0.3 cup flour all-purpose
- 1 cup ground almonds
- 1 tablespoon juice of lemon
- 1.5 teaspoons lemon zest grated

- 1 pinch salt
- 0.8 cup sugar white

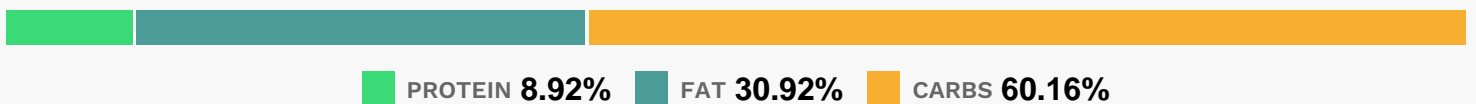
## Equipment

- oven
- cake form

## Directions

- Prepare the 9 inch cake pan by rubbing the inside well with a drop of cooking oil and then scattering a little flour over it. Preheat oven to 360 degrees F (180 degrees C).
- Separate the eggs and beat the yolks into the sugar thoroughly.
- Add lemon juice and grated rind, carrots, almonds, flour, baking powder and salt.
- Mix well.
- Beat egg whites until stiff and fold into cake mixture.
- Pour batter into 9 inch cake pan.
- Bake at 360 degrees F (180 degrees C) for 45 minutes.
- This cake is often iced with 3/4 cup confectioners sugar into which is beaten 1 tablespoon lemon juice. Little marzipan carrots are the traditional decoration.

## Nutrition Facts



## Properties

Glycemic Index:35.49, Glycemic Load:15.88, Inflammation Score:-9, Nutrition Score:5.8756521732911%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 240.28kcal (12.01%), Fat: 8.64g (13.29%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 35.75g (13%), Sugar: 31.1g (34.55%), Cholesterol: 61.38mg (20.46%), Sodium: 92.85mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin A: 2762.36IU (55.25%), Selenium: 6.59µg (9.42%), Fiber: 2.08g (8.34%), Calcium: 74.8mg (7.48%), Vitamin B2: 0.11mg (6.49%), Iron: 1.12mg (6.24%), Phosphorus: 53.64mg (5.36%), Folate: 18.37µg (4.59%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.32mg (3.17%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.67%), Vitamin C: 2.15mg (2.61%), Vitamin B12: 0.15µg (2.45%), Potassium: 81.38mg (2.33%), Vitamin D: 0.33µg (2.2%), Vitamin K: 2.17µg (2.07%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.28mg (1.9%), Zinc: 0.28mg (1.89%), Copper: 0.03mg (1.38%), Magnesium: 5.06mg (1.27%)