



Apple-Pecan Carrot Cake

READY IN



210 min.

SERVINGS



10

CALORIES



523 kcal

DESSERT

Ingredients

- 0.7 cup mrs richardson's butterscotch caramel sauce
- 2 teaspoons apple pie spice
- 2 teaspoons baking soda
- 0.8 cup buttermilk
- 1.5 cups carrots grated
- 3 large eggs lightly beaten
- 2 cups flour all-purpose
- 2 cups apples i use 2 granny smith apples grated peeled
- 2.3 cups pecans divided lightly toasted finely chopped

- 2 cups sugar
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 0.8 cup vegetable oil

Equipment

- bowl
- oven

Directions

- Preheat oven to 35
- Sprinkle 1 1/3 cups toasted pecans into 2 well-buttered shiny 9-inch round cake pans; shake to coat bottom and sides of pans.
- Stir together flour and next 3 ingredients.
- Stir together eggs and next 4 ingredients in a large bowl until blended.
- Add flour mixture, stirring just until blended. Fold in apples, carrots, and remaining 1 cup pecans.
- Pour batter into prepared pans.
- Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- Remove from pans to wire racks, and cool completely (about 1 hour).
- Place 1 cake layer, pecan side down, on a serving plate.
- Spread top of cake layer with 2/3 cup Apple Cider Caramel Sauce; top with remaining cake layer, pecan side down.
- Spread Mascarpone Frosting over top of cake.
- Drizzle 2 Tbsp. Apple Cider Caramel Sauce over frosting, and swirl sauce into frosting.
- Serve immediately.

Nutrition Facts



■ PROTEIN 5.62% ■ FAT 37.26% ■ CARBS 57.12%

Properties

Glycemic Index:26.49, Glycemic Load:43.62, Inflammation Score:-9, Nutrition Score:15.645652263061%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 523.23kcal (26.16%), Fat: 22.44g (34.52%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 77.37g (25.79%), Net Carbohydrates: 73.28g (26.65%), Sugar: 54.07g (60.08%), Cholesterol: 57.78mg (19.26%), Sodium: 441.41mg (19.19%), Alcohol: 0.28g (100%), Alcohol %: 0.18% (100%), Protein: 7.62g (15.24%), Vitamin A: 3359.29IU (67.19%), Manganese: 1.33mg (66.29%), Vitamin B1: 0.38mg (25.38%), Selenium: 15.12µg (21.6%), Copper: 0.35mg (17.46%), Vitamin B2: 0.28mg (16.45%), Fiber: 4.09g (16.36%), Folate: 63.58µg (15.89%), Phosphorus: 151.85mg (15.19%), Iron: 2.2mg (12.23%), Magnesium: 42mg (10.5%), Zinc: 1.55mg (10.36%), Vitamin B3: 2mg (9.99%), Vitamin K: 10.19µg (9.71%), Potassium: 269.25mg (7.69%), Vitamin B5: 0.7mg (6.99%), Calcium: 67.53mg (6.75%), Vitamin B6: 0.13mg (6.5%), Vitamin E: 0.96mg (6.42%), Vitamin B12: 0.24µg (4.06%), Vitamin D: 0.53µg (3.56%), Vitamin C: 2.71mg (3.28%)