



Applesauce-Carrot Spice Cake

 Vegetarian

READY IN



145 min.

SERVINGS



32

CALORIES



108 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.3 cup canola oil
- 2 cups carrots shredded (4 medium)
- 0.5 cup eggs fat-free
- 1.5 cups flour whole wheat
- 0.5 cup golden raisins

- 4 oz cream cheese softened reduced-fat (from 8-oz package) (Neufchâtel)
- 3 tablespoons milk
- 0.3 cup powdered sugar
- 1 tablespoon pumpkin pie spice
- 1 cup oats
- 0.5 teaspoon salt
- 1.3 cups apple sauce unsweetened
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350F. Spray 12-cup fluted tube cake pan with cooking spray.
- In large bowl, mix oats, applesauce, brown sugar, carrots, egg product and oil with spoon until well mixed. Stir in remaining cake ingredients just until moistened.
- Pour into pan.
- Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- Remove from pan to wire rack. Cool completely, about 1 hour.
- In small bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth. Beat in milk and vanilla until well mixed.
- Place cake on serving plate. Spoon frosting over cake.

Nutrition Facts

■ PROTEIN 7.42% ■ FAT 29.39% ■ CARBS 63.19%

Properties

Glycemic Index:9.33, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:4.8478260558584%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 107.58kcal (5.38%), Fat: 3.66g (5.63%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.41g (5.97%), Sugar: 10.58g (11.75%), Cholesterol: 16.21mg (5.4%), Sodium: 123.91mg (5.39%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.08g (4.16%), Vitamin A: 1382.58IU (27.65%), Manganese: 0.39mg (19.73%), Selenium: 5.83µg (8.33%), Phosphorus: 57.87mg (5.79%), Fiber: 1.29g (5.15%), Magnesium: 18.45mg (4.61%), Vitamin E: 0.59mg (3.94%), Calcium: 38.15mg (3.81%), Vitamin B1: 0.05mg (3.59%), Iron: 0.59mg (3.3%), Potassium: 105.79mg (3.02%), Vitamin K: 3.14µg (2.99%), Vitamin B2: 0.05mg (2.97%), Vitamin B6: 0.06mg (2.94%), Copper: 0.06mg (2.75%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.43mg (2.17%), Folate: 7.73µg (1.93%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.07µg (1.23%)