



Beet and Carrot Cake



Vegetarian



Dairy Free

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READY IN

ready

90 min.

SERVINGS

servings

16

CALORIES

calories

311 kcal

DESSERT

Ingredients



2 teaspoons baking soda



2 cups brown sugar



16 ounce beets mashed drained sliced canned



2 cups carrots grated



1 cup coconut or shredded



5 eggs beaten



2 cups flour all-purpose



2 teaspoons ground cinnamon

- ☐ 1.5 cups raisins
- ☐ 1 pinch salt
- ☐ 1.5 cups vegetable oil
- ☐ 0.3 cup wheat bran
- ☐ 0.3 cup wheat germ

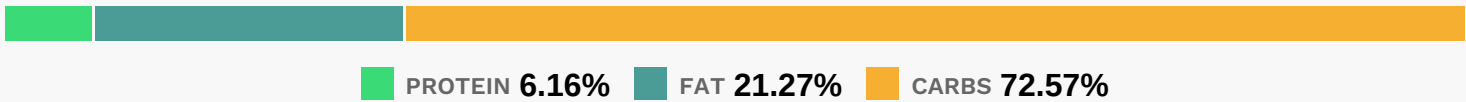
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a 9x13-inch baking dish.
- ☐ Combine flour, brown sugar, raisins, coconut, wheat germ, wheat bran, cinnamon, baking soda, and salt in a bowl.
- ☐ Whisk vegetable oil and eggs together in a separate bowl.
- ☐ Stir oil mixture, carrots, and beets into flour mixture until just combined.
- ☐ Pour batter into prepared baking dish.
- ☐ Bake in preheated oven until center of cake bounces back when touched, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:14.98, Inflammation Score:-9, Nutrition Score:11.577391339385%

Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 311.3kcal (15.56%), Fat: 7.63g (11.74%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 58.61g (19.54%), Net Carbohydrates: 55.3g (20.11%), Sugar: 30.97g (34.41%), Cholesterol: 51.15mg (17.05%), Sodium: 225.18mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin A: 2761.92IU (55.24%), Manganese: 0.79mg (39.56%), Selenium: 13.34µg (19.06%), Vitamin B1: 0.21mg (14%), Folate: 55.2µg (13.8%), Fiber: 3.31g (13.23%), Vitamin B2: 0.21mg (12.11%), Iron: 2.07mg (11.48%), Phosphorus: 100.95mg (10.1%), Vitamin K: 9.91µg (9.44%), Potassium: 319.16mg (9.12%), Copper: 0.18mg (8.86%), Vitamin B3: 1.66mg (8.3%), Magnesium: 30.83mg (7.71%), Vitamin B6: 0.15mg (7.47%), Zinc: 0.85mg (5.68%), Calcium: 49.88mg (4.99%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.64mg (4.28%), Vitamin C: 2.5mg (3.04%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.28µg (1.83%)