



Best Carrot Sheet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup buttermilk
- ☐ 12 servings buttermilk glaze
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 2 cups carrots grated (3 large carrots)
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 3.5 ounce coconut or sweetened flaked canned
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil

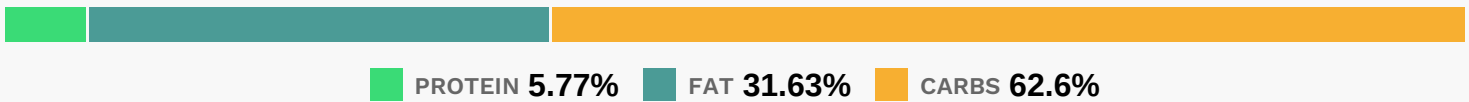
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Stir together first 4 ingredients.
- ☐ Beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth.
- ☐ Add flour mixture, beating at low speed until blended. Fold in carrots and next 3 ingredients.
- ☐ Pour batter into a greased and floured 13- x 9-inch pan.
- ☐ Bake at 350 for 30 minutes; cover pan loosely with aluminum foil to prevent excessive browning, and bake 13 more minutes or until a wooden pick inserted into center comes out clean.
- ☐ Drizzle Buttermilk Glaze evenly over cake; cool completely in pan.
- ☐ Spread Cream Cheese Frosting evenly over cake.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:35.72, Inflammation Score:-9, Nutrition Score:12.237826077834%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 378.73kcal (18.94%), Fat: 13.65g (21%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 60.8g (20.27%), Net Carbohydrates: 57.53g (20.92%), Sugar: 41.3g (45.89%), Cholesterol: 48.15mg (16.05%), Sodium: 352.11mg (15.31%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.61g (11.22%), Vitamin A: 3671.72IU (73.43%), Manganese: 0.73mg (36.3%), Selenium: 13.44µg (19.2%), Vitamin B1: 0.27mg (18.02%), Fiber: 3.27g (13.09%), Vitamin B2: 0.22mg (13.08%), Folate: 52.01µg (13%), Copper: 0.21mg (10.5%), Phosphorus: 102.47mg (10.25%), Iron: 1.71mg (9.49%), Vitamin B3: 1.69mg (8.44%), Vitamin K: 8.53µg (8.12%), Magnesium: 28.47mg (7.12%), Potassium: 221.7mg (6.33%), Zinc: 0.91mg (6.1%), Vitamin B6: 0.1mg (5.08%), Vitamin B5: 0.49mg (4.9%), Calcium: 48.51mg (4.85%), Vitamin E: 0.66mg (4.38%), Vitamin C: 3.15mg (3.82%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.44µg (2.97%)