



Caramel and Carrot Snack Cake

READY IN



200 min.

SERVINGS



9

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 15 oz betty crocker's cake mix gluten free yellow
- ☐ 0.7 cup water
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 eggs
- ☐ 1 cup carrots shredded finely (3 medium)
- ☐ 0.5 cup raisins
- ☐ 1.5 cups whipping cream
- ☐ 1 cup brown sugar packed

☐ 0.3 cup butter

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 8-inch square pan with cooking spray without flour. In medium bowl, beat cake mix, water, 1/2 cup butter, the cinnamon and eggs with electric mixer on low speed 30 seconds. Beat on high speed 2 minutes, scraping bowl occasionally. Stir in carrots and raisins.
- ☐ Pour batter into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack, about 2 hours.
- ☐ Cut into 3 rows by 3 rows.
- ☐ In 2-quart saucepan, mix all caramel sauce ingredients.
- ☐ Heat to boiling over medium-high heat. Cook 8 to 10 minutes, stirring constantly with whisk, until rich caramel color.
- ☐ Remove from heat; cool 20 minutes.
- ☐ Place pieces of cake on individual dessert plates.
- ☐ Pour sauce over cake just before serving.

Nutrition Facts



 **PROTEIN 3.29%**  **FAT 65.68%**  **CARBS 31.03%**

Properties

Glycemic Index:17.85, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:7.338695500208%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 414.44kcal (20.72%), Fat: 31.1g (47.84%), Saturated Fat: 17.14g (107.11%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 32.04g (11.65%), Sugar: 25.61g (28.45%), Cholesterol: 126.5mg (42.17%), Sodium: 191.89mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 3579.29IU (71.59%), Vitamin B2: 0.17mg (10.07%), Selenium: 6.18µg (8.83%), Vitamin E: 1.1mg (7.36%), Phosphorus: 68.59mg (6.86%), Calcium: 68.19mg (6.82%), Vitamin D: 0.93µg (6.19%), Potassium: 208.56mg (5.96%), Vitamin B6: 0.08mg (4.24%), Vitamin B5: 0.42mg (4.2%), Iron: 0.73mg (4.07%), Manganese: 0.08mg (4.07%), Fiber: 1g (4.02%), Vitamin K: 4.11µg (3.91%), Vitamin B12: 0.22µg (3.7%), Folate: 12.12µg (3.03%), Copper: 0.06mg (3.02%), Magnesium: 11.54mg (2.89%), Zinc: 0.36mg (2.37%), Vitamin B1: 0.03mg (2.23%), Vitamin C: 1.53mg (1.85%), Vitamin B3: 0.3mg (1.51%)