



## Caramel Carrot Cake

 **Gluten Free**  **Low Fod Map**

READY IN



180 min.

SERVINGS



15

CALORIES



310 kcal

DESSERT

### Ingredients

- 1 box betty delights super carrot cake mix
- 1 cup water
- 0.5 cup butter melted
- 3 eggs
- 1 jar butterscotch topping (16 to 17.5 oz)
- 16 oz vanilla frosting

### Equipment

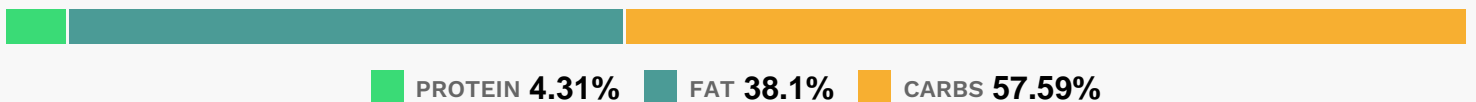
- bowl

- frying pan
- oven
- knife
- hand mixer
- toothpicks
- wooden spoon

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, water, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pan.
- Bake 31 to 36 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Poke top of warm cake every 1/2 inch with handle of wooden spoon, wiping handle occasionally to reduce sticking. Reserve 1/2 cup caramel topping.
- Drizzle remaining caramel topping evenly over top of cake; let stand about 15 minutes or until caramel topping has been absorbed into cake. Run knife around side of pan to loosen cake. Cover and refrigerate about 2 hours or until chilled.
- Set aside 2 tablespoons of the reserved 1/2 cup caramel topping. Stir remaining topping into frosting; spread over top of cake.
- Drizzle with reserved 2 tablespoons caramel topping. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.87, Glycemic Load:8.86, Inflammation Score:-6, Nutrition Score:3.026521767935%

## Nutrients (% of daily need)

Calories: 309.55kcal (15.48%), Fat: 12.9g (19.84%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 42.81g (15.57%), Sugar: 31.79g (35.32%), Cholesterol: 32.74mg (10.91%), Sodium: 271.76mg

(11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 1113.78IU (22.28%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 0.79mg (5.27%), Iron: 0.94mg (5.25%), Fiber: 1.05g (4.21%), Selenium: 2.73µg (3.9%), Vitamin K: 3.96µg (3.77%), Calcium: 29.23mg (2.92%), Phosphorus: 24.63mg (2.46%), Folate: 6.63µg (1.66%), Vitamin B5: 0.16mg (1.58%), Vitamin C: 1.25mg (1.52%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.18µg (1.17%)