



Carrot-Apple Spice Cake with Browned-Butter Glaze

READY IN



90 min.

SERVINGS



16

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when or any sweet-tart apple) grated peeled
- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup butter
- ☐ 0.3 cup canola oil
- ☐ 1 cup carrots grated
- ☐ 3 large eggs
- ☐ 2 tablespoons milk 2% reduced-fat

- ☐ 0.5 cup nonfat buttermilk
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 cups powdered sugar divided
- ☐ 1 Dash salt
- ☐ 18.3 ounce spice cake mix (such as Duncan Hines)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

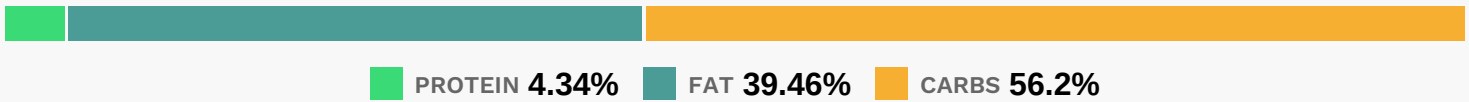
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 350
- ☐ To prepare cake, combine first 5 ingredients in a large bowl; beat with a mixer at low speed for 1 minute or until well combined.
- ☐ Add cake mix to buttermilk mixture; beat at medium speed 1 minute or until well blended. Stir in carrot and apple until just combined. Divide batter evenly among 3 (8-inch) round cake pans coated with baking spray.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in the center comes out clean. Cool cakes in pans on a wire rack 10 minutes.
- ☐ Remove cakes from pans; cool completely on wire rack.
- ☐ To prepare glaze, melt butter in a small saucepan over medium-low heat; cook 6 minutes or until lightly browned, stirring frequently. Cool slightly.
- ☐ Combine browned butter, 1 1/2 cups powdered sugar, cream cheese, milk, vanilla, and salt in a medium bowl; beat with a mixer at low speed 2 minutes or until smooth.

- ☐
- To assemble cake, place 1 cake layer on a plate; spread 1/4 cup glaze over cake layer. Top with second layer and spread with 1/4 cup glaze. Top with third layer. Stir the remaining 1/2 cup powdered sugar into remaining glaze.
- ☐
- Spread remaining glaze over top of cake.
- ☐
- Sprinkle with chopped pecans.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:6.1960870131202%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 296.99kcal (14.85%), Fat: 13.03g (20.04%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 41.75g (13.92%), Net Carbohydrates: 40.63g (14.77%), Sugar: 31.52g (35.02%), Cholesterol: 42.8mg (14.27%), Sodium: 264.79mg (11.51%), Alcohol: 0.67g (100%), Alcohol %: 0.88% (100%), Protein: 3.22g (6.45%), Vitamin A: 1483.8IU (29.68%), Manganese: 0.27mg (13.74%), Phosphorus: 102.68mg (10.27%), Iron: 1.77mg (9.84%), Vitamin B1: 0.13mg (8.84%), Vitamin B2: 0.14mg (8.06%), Vitamin E: 0.95mg (6.33%), Vitamin K: 6.13µg (5.84%), Folate: 23.23µg (5.81%), Copper: 0.11mg (5.73%), Selenium: 3.8µg (5.43%), Potassium: 168.15mg (4.8%), Vitamin B3: 0.94mg (4.71%), Fiber: 1.12g (4.5%), Calcium: 44.29mg (4.43%), Magnesium: 11.66mg (2.91%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.19µg (1.25%), Vitamin C: 1.01mg (1.22%)