



WHATSheATE



Carrot Bread With Hazelnuts, Coconut and Cream Cheese Glaze



Vegetarian

READY IN



75 min.

SERVINGS



3

CALORIES



1302 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup carrots shredded
- ☐ 1 cup confectioners' sugar
- ☐ 3 tablespoons cream cheese softened
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose

- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup hazelnuts toasted chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 1 teaspoon salt
- ☐ 1 cup coconut or shredded sweetened
- ☐ 1 stick butter unsalted cooled melted plus more for the pan (or)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup yogurt plain sour

Equipment

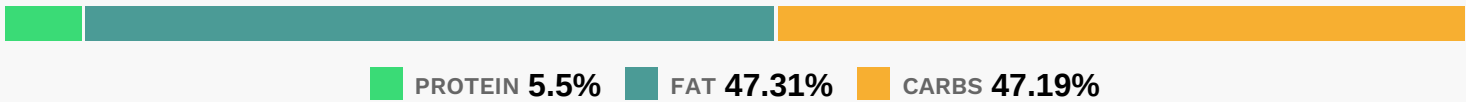
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Make the carrot bread: Preheat the oven to 350 degrees F. Lightly butter one 9-by-5-inch loaf pan or three 6-by-3-inch mini loaf pans.
- ☐ Whisk the flour, granulated sugar, baking powder, salt, baking soda, cinnamon and nutmeg in a large bowl.
- ☐ Add the hazelnuts and coconut.
- ☐ Whisk the eggs, melted butter, yogurt, vanilla and lemon zest (if using) in a medium bowl. Stir in the shredded carrots. Fold the carrot mixture into the flour mixture until just combined.

- ☐ Spread the batter in the prepared pan(s).
- ☐ Bake until a toothpick inserted into the center comes out clean, about 55 minutes for a standard loaf or 35 to 40 minutes for mini loaves. Cool 30 minutes in the pan(s) on a rack, then turn out onto the rack to cool completely.
- ☐ Whisk the confectioners' sugar, cream cheese, milk and vanilla in a bowl.
- ☐ Pour over the cooled carrot bread and let set, 15 to 20 minutes.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:152.64, Glycemic Load:66.49, Inflammation Score:-10, Nutrition Score:31.793043551238%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1301.67kcal (65.08%), Fat: 70.14g (107.91%), Saturated Fat: 35.32g (220.77%), Carbohydrates: 157.42g (52.47%), Net Carbohydrates: 150.24g (54.63%), Sugar: 108.85g (120.95%), Cholesterol: 226.14mg (75.38%), Sodium: 1329.14mg (57.79%), Alcohol: 0.57g (100%), Alcohol %: 0.19% (100%), Protein: 18.34g (36.68%), Vitamin A: 8508.2IU (170.16%), Manganese: 3.1mg (155.16%), Selenium: 36.94µg (52.77%), Vitamin B1: 0.68mg (45.13%), Vitamin E: 6.32mg (42.12%), Folate: 161.04µg (40.26%), Copper: 0.75mg (37.7%), Phosphorus: 360.05mg (36%), Vitamin B2: 0.61mg (35.99%), Iron: 5.41mg (30.03%), Fiber: 7.18g (28.72%), Calcium: 248.83mg (24.88%), Magnesium: 94.13mg (23.53%), Vitamin B3: 4.29mg (21.45%), Vitamin B6: 0.42mg (20.99%), Potassium: 658.2mg (18.81%), Zinc: 2.59mg (17.29%), Vitamin B5: 1.67mg (16.72%), Vitamin K: 13.4µg (12.76%), Vitamin B12: 0.6µg (9.96%), Vitamin D: 1.38µg (9.22%), Vitamin C: 5.7mg (6.91%)