



Carrot Cake

READY IN



1535 min.

SERVINGS



8

CALORIES



1047 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 3 cups ground carrots raw finely
- 12 ounces cream cheese room temperature
- 2 cups granulated sugar
- 2 teaspoons ground cinnamon
- 2 ounces butter room temperature
- 2 cups pastry flour
- 1.5 pounds powdered sugar
- 1 teaspoon salt

- 1 tablespoon vanilla extract
- 1.5 cups vegetable oil
- 4 ounces walnuts finely chopped
- 4 eggs fresh whole

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- blender
- baking pan
- spatula

Directions

- Preheat oven to 300 degrees F.
- In a mixing bowl, mix sugar, vegetable oil, and eggs. In another bowl, sift together flour, baking soda, salt, and cinnamon. Fold dry ingredients into wet mixture and blend well. Fold in carrots and chopped nuts until well blended. Distribute batter evenly into 3 (9-inch) cake layer pans, which have been generously greased. There will be approximately 1 pound 5 ounces of batter per pan.
- Place in preheated oven and bake for 50 to 60 minutes. Cool layers in pans, for approximately 1 hour. Store layers in pans, inverted, in closed cupboard to prevent drying.
- Layers must be a minimum of 1 day old.
- To remove layers from baking pan, turn upside down, tap edge of pan on a hard surface. Center a 9-inch cake circle on top of revolving cake stand.
- Remove paper from bottom of layer cake.
- In a suitable bowl of large mixer, place powdered sugar, cream cheese, vanilla, and margarine. Beat at second speed until thoroughly blended. Hold refrigerated and use as needed.
- Place first layer, bottom side down, at center of cake stand. With a spatula, evenly spread approximately 3 1/2 ounces of frosting on the layer. Center second layer on top of first layer

with topside down. Again with a spatula, evenly spread approximately 3 1/2 ounces of frosting on the layer. Center third layer on top of second layer with topside down. Using both hands, press firmly but gently, all layers together to get one firm cake. With spatula, spread remainder of frosting to cover top and sides of cake. Refrigerated until needed. Display on counter or cake stand with a plastic cover.

Nutrition Facts



■ PROTEIN 4.46% ■ FAT 34.06% ■ CARBS 61.48%

Properties

Glycemic Index:21.12, Glycemic Load:37.27, Inflammation Score:-10, Nutrition Score:22.047391207322%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1047.16kcal (52.36%), Fat: 40.88g (62.88%), Saturated Fat: 12.72g (79.53%), Carbohydrates: 165.99g (55.33%), Net Carbohydrates: 160.22g (58.26%), Sugar: 137.74g (153.05%), Cholesterol: 124.79mg (41.6%), Sodium: 832.29mg (36.19%), Alcohol: 0.56g (100%), Alcohol %: 0.21% (100%), Protein: 12.04g (24.07%), Vitamin A: 8969.31IU (179.39%), Manganese: 1.88mg (94.04%), Selenium: 30.52µg (43.6%), Phosphorus: 264.05mg (26.41%), Fiber: 5.77g (23.08%), Vitamin K: 23.44µg (22.32%), Copper: 0.41mg (20.3%), Vitamin B2: 0.33mg (19.23%), Magnesium: 76.44mg (19.11%), Vitamin B1: 0.25mg (16.68%), Vitamin B6: 0.33mg (16.38%), Vitamin E: 2.13mg (14.17%), Folate: 50.48µg (12.62%), Zinc: 1.85mg (12.37%), Iron: 2.19mg (12.18%), Potassium: 421.8mg (12.05%), Vitamin B3: 2.19mg (10.94%), Calcium: 102.35mg (10.23%), Vitamin B5: 0.98mg (9.81%), Vitamin B12: 0.3µg (4.94%), Vitamin C: 3.05mg (3.7%), Vitamin D: 0.44µg (2.93%)