

Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



589 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 cups carrots grated
- 2.5 cups confectioners' sugar sifted
- 3 ounce cream cheese
- 4 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.3 cup heavy whipping cream

- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil
- 1 cup walnuts chopped
- 2 cups sugar white

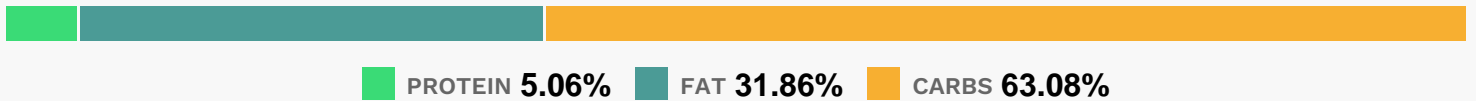
Equipment

- frying pan
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9 or 10 inch tube pan.
- Combine the sugar, flour, salt, cinnamon, soda, oil. With an electric mixer beat in the eggs one at a time. Stir in the carrots and the walnuts.
- Pour the batter into the prepared baking pan.
- Bake at 350 degrees F (175 degrees C) for 1 hour 20 minutes. Note: this cake can be made in two 9 inch layer cake pans just change the baking time to 40 minutes.
- To Make Frosting: With an electric mixer blend the cream cheese and cream.
- Add the vanilla and confectioners' sugar. Frosting can be spread and a still warm cake.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:43.24, Inflammation Score:-10, Nutrition Score:14.998260923054%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:

0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 589.08kcal (29.45%), Fat: 21.39g (32.9%), Saturated Fat: 5.4g (33.78%), Carbohydrates: 95.28g (31.76%), Net Carbohydrates: 92.53g (33.65%), Sugar: 72.07g (80.08%), Cholesterol: 80.79mg (26.93%), Sodium: 423.6mg (18.42%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 7.64g (15.29%), Vitamin A: 6715.35IU (134.31%), Manganese: 0.7mg (35.25%), Selenium: 15.83µg (22.62%), Folate: 73.81µg (18.45%), Vitamin B1: 0.27mg (18.12%), Vitamin K: 18.03µg (17.17%), Vitamin B2: 0.29mg (16.96%), Copper: 0.26mg (13.04%), Phosphorus: 128.6mg (12.86%), Iron: 2.01mg (11.19%), Fiber: 2.75g (10.99%), Vitamin B3: 2.02mg (10.08%), Vitamin B6: 0.16mg (8.22%), Magnesium: 32.18mg (8.05%), Vitamin E: 1.21mg (8.05%), Potassium: 246.16mg (7.03%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.62mg (6.16%), Calcium: 54.82mg (5.48%), Vitamin B12: 0.18µg (3.08%), Vitamin C: 2.47mg (2.99%), Vitamin D: 0.45µg (2.98%)