



## Carrot Cake

 Vegetarian

READY IN



170 min.

SERVINGS



8

CALORIES



600 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 12 ounces carrots grated
- 2 ounces brown sugar dark packed
- 3 large eggs
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg freshly ground

- 6 ounces yogurt plain
- 0.5 teaspoon salt
- 10 ounces sugar
- 8 servings butter unsalted for the pan
- 6 ounces vegetable oil
- 12 ounces approximately all-purpose for pan

## Equipment

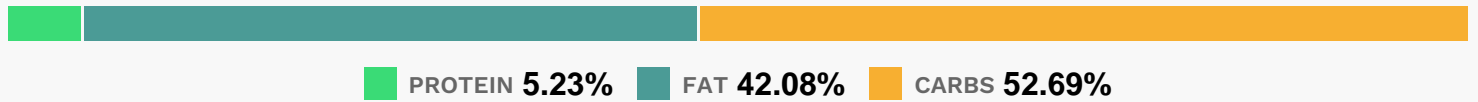
- food processor
- bowl
- frying pan
- baking paper
- oven
- mixing bowl
- cake form
- stand mixer

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Butter and flour a 9-inch round and 3-inch deep cake pan. Line the bottom with parchment paper. Set aside.
- Put the carrots into a large mixing bowl and set aside.
- Put the flour, baking powder, baking soda, spices, and salt in the bowl of a food processor and process for 5 seconds.
- Add this mixture to the carrots and toss until they are well-coated with the flour.
- In the bowl of the food processor combine the sugar, brown sugar, eggs, and yogurt.
- With the processor still running drizzle in the vegetable oil.
- Pour this mixture into the carrot mixture and stir until just combined.

- Pour into the prepared cake pan and bake on the middle rack of the oven for 45 minutes. Reduce the heat to 325 degrees F and bake for another 20 minutes or until the cake reaches 205 to 210 degrees F in the center.
- Remove the pan from the oven and allow cake to cool 15 minutes in the pan. After 15 minutes, turn the cake out onto a rack and allow cake to cool completely. Frost with cream cheese frosting after cake has cooled completely.
- ounces cream cheese
- ounces unsalted butter, room temperature
- teaspoon vanilla extract
- ounces powdered sugar, sifted, approximately 2 cups
- In the bowl of a stand mixer with paddle attachment, combine the cream cheese and butter on medium just until blended.
- Add the vanilla and beat until combined. With the speed on low, add the powdered sugar in 4 batches and beat until smooth between each addition.
- Place the frosting in the refrigerator for 5 to 10 minutes before using.

## Nutrition Facts



## Properties

Glycemic Index:49.12, Glycemic Load:49.9, Inflammation Score:-10, Nutrition Score:16.770869586779%

## Flavonoids

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: 600.09kcal (30%), Fat: 28.45g (43.77%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 80.17g (26.72%), Net Carbohydrates: 77.77g (28.28%), Sugar: 45.45g (50.5%), Cholesterol: 83.26mg (27.75%), Sodium: 404.69mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Vitamin A: 7351.94IU (147.04%), Vitamin K: 45.31µg (43.15%), Selenium: 21.04µg (30.05%), Vitamin B1: 0.38mg (25.07%), Folate: 96.49µg (24.12%), Vitamin B2: 0.36mg (21.13%), Manganese: 0.38mg (18.9%), Vitamin E: 2.37mg (15.82%), Vitamin B3: 2.97mg (14.86%), Iron: 2.58mg (14.34%), Phosphorus: 130.82mg (13.08%), Fiber: 2.4g (9.6%), Calcium: 94.7mg (9.47%), Potassium: 253.02mg (7.23%), Vitamin B5: 0.69mg (6.88%), Vitamin B6: 0.12mg (5.97%), Zinc: 0.78mg (5.21%), Copper: 0.1mg

(5.19%), Magnesium: 20.37mg (5.09%), Vitamin B12: 0.25µg (4.23%), Vitamin C: 2.64mg (3.2%), Vitamin D: 0.47µg (3.14%)