



Carrot Cake



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



624 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon all purpose flour
- ☐ 10 ounces carrots
- ☐ 0.3 teaspoon cinnamon
- ☐ 6 egg yokes
- ☐ 6 egg whites
- ☐ 1.3 cups granulated sugar
- ☐ 10 ounces hazelnuts
- ☐ 1 tablespoon icing sugar (confectioners' sugar)

- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 teaspoon lemon zest thin (rind)
- ☐ 3.5 ounces sultana raisins
- ☐ 4 teaspoons raspberry jam
- ☐ 6 servings salt freshly ground
- ☐ 1 teaspoon water cold

Equipment

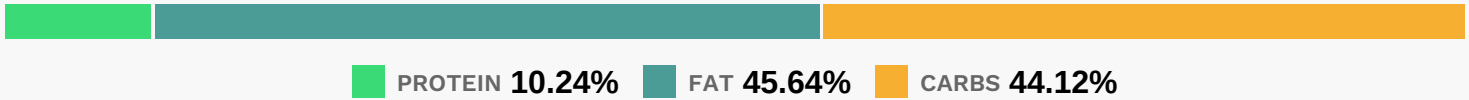
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cake form

Directions

- ☐ Sift the granulated sugar. Crush the hazelnuts very small (best results in a blender). Wash the sultanas. Wash and grate the carrots. Grease the cake tin (9 by 12-inch deep).
- ☐ Place a bowl over a pan of hot water. Preheat oven to 350 degrees F. Into a warmed bowl place the egg yolks and 4 ounces of the granulated sugar and whisk together until the mixture thickens. (It should be doubled in bulk, lighter in color and creamy in texture). When this happens, set aside the yolk and sugar mixture for a moment (off the heat). Into a clean, cold bowl place the whites of eggs, add 1 teaspoonful cold water and some freshly ground salt and whisk quickly until they are stiff and peaked. Gradually beat into the fluffy whites of eggs the remaining 6 ounces of granulated sugar until it is fully incorporated. Set aside until required.
- ☐ Place the egg yolk mixture over the warm water and add the ground nuts and lemon juice. To this add the grated carrots and lemon zest. Fold in the 1 teaspoonful of flour and sultanas.
- ☐ Remove the bowl from the heated water. Fold in 2 tablespoonfuls of egg whites. Then put all the mixture into the remainder of the whites of eggs and fold in well.
- ☐ Add the 1/4 teaspoonful of cinnamon.

- ☐
- Pour all the mixture into the greased cake tin and put it into the preheated oven set at 350 degrees F., on the middle shelf, for 60 minutes.
- ☐
- Remove cake from the pan and cool completely.
- ☐
- Cut cake in half, spread the jam over the bottom and replace top.
- ☐
- Sprinkle with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:54.29, Glycemic Load:39.98, Inflammation Score:-10, Nutrition Score:27.116086959839%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 624.01kcal (31.2%), Fat: 33.31g (51.25%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 72.44g (24.15%), Net Carbohydrates: 65.28g (23.74%), Sugar: 49.87g (55.41%), Cholesterol: 163.68mg (54.56%), Sodium: 345.32mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.82g (33.64%), Vitamin A: 8140.93IU (162.82%), Manganese: 3.07mg (153.3%), Vitamin E: 7.87mg (52.48%), Copper: 0.93mg (46.58%), Selenium: 21.26µg (30.37%), Fiber: 7.16g (28.63%), Vitamin B2: 0.46mg (26.91%), Phosphorus: 259.04mg (25.9%), Vitamin B1: 0.38mg (25.08%), Magnesium: 96.68mg (24.17%), Vitamin B6: 0.44mg (22.04%), Folate: 86.23µg (21.56%), Potassium: 725.74mg (20.74%), Iron: 3.66mg (20.31%), Vitamin B5: 1.31mg (13.07%), Zinc: 1.89mg (12.6%), Vitamin K: 13.11µg (12.48%), Calcium: 103.54mg (10.35%), Vitamin C: 7.93mg (9.61%), Vitamin B3: 1.59mg (7.94%), Vitamin B12: 0.42µg (6.98%), Vitamin D: 0.88µg (5.87%)