



## Carrot Cake

READY IN



65 min.

SERVINGS



12

CALORIES



565 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 0.3 cup butter softened
- 3 cups carrots shredded (5 medium)
- 8 oz cream cheese softened
- 3 eggs
- 2 cups flour all-purpose
- 1.5 cups granulated sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons milk

- 12 servings nutmeg
- 4 cups powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 1 cup walnut pieces coarsely chopped

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350F. Grease bottom and sides of one 13x9-inch pan or two 8-inch or 9-inch round pans with shortening; lightly flour. In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended.
- Add flour, cinnamon, baking soda, 1 teaspoon vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts.
- Pour into pan(s).
- Bake 13x9-inch pan 40 to 45 minutes, round pans 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool rectangle in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Frost 13x9-inch cake or fill and frost round layers with frosting.
- Sprinkle nutmeg on frosted cake, if desired. Store in refrigerator.

## Nutrition Facts



■ PROTEIN 4.61% ■ FAT 34.89% ■ CARBS 60.5%

## Properties

Glycemic Index:29.33, Glycemic Load:30.81, Inflammation Score:-10, Nutrition Score:13.516956567764%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 565.35kcal (28.27%), Fat: 22.46g (34.56%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 87.62g (29.21%), Net Carbohydrates: 84.92g (30.88%), Sugar: 67.31g (74.79%), Cholesterol: 60.11mg (20.04%), Sodium: 332.1mg (14.44%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 6.68g (13.36%), Vitamin A: 5834.63IU (116.69%), Manganese: 0.65mg (32.29%), Selenium: 13.02µg (18.61%), Vitamin B1: 0.23mg (15.64%), Folate: 62.22µg (15.55%), Vitamin B2: 0.25mg (14.51%), Copper: 0.24mg (11.86%), Phosphorus: 115.86mg (11.59%), Vitamin K: 11.77µg (11.21%), Fiber: 2.7g (10.82%), Iron: 1.69mg (9.37%), Vitamin B3: 1.71mg (8.57%), Magnesium: 30.99mg (7.75%), Vitamin B6: 0.14mg (6.99%), Vitamin E: 1.02mg (6.81%), Potassium: 221.3mg (6.32%), Calcium: 57.94mg (5.79%), Zinc: 0.82mg (5.47%), Vitamin B5: 0.52mg (5.19%), Vitamin C: 2.1mg (2.54%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.23µg (1.53%)