



Carrot Cake

 Popular

READY IN



65 min.

SERVINGS



12

CALORIES



557 kcal

DESSERT

Ingredients

- ☐ 1.5 cups granulated sugar
- ☐ 1 cup vegetable oil
- ☐ 3 eggs
- ☐ 2 cups flour
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon salt

- ☐ 3 cups carrots shredded (5 medium)
- ☐ 1 cup walnut pieces coarsely chopped
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons milk
- ☐ 1 teaspoon vanilla
- ☐ 4 cups powdered sugar
- ☐ 1 serving nutmeg

Equipment

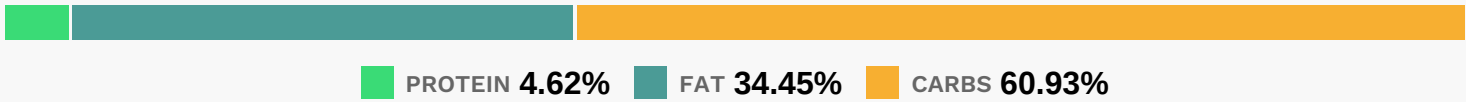
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. 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



Properties

Glycemic Index:29.33, Glycemic Load:30.44, Inflammation Score:-10, Nutrition Score:13.145652180133%

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: 556.69kcal (27.83%), Fat: 21.8g (33.53%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 86.76g (28.92%), Net Carbohydrates: 84.43g (30.7%), Sugar: 66.83g (74.25%), Cholesterol: 60.11mg (20.04%), Sodium: 331.83mg (14.43%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 6.57g (13.15%), Vitamin A: 5832.76IU (116.66%), Manganese: 0.59mg (29.67%), Selenium: 12.99µg (18.56%), Vitamin B1: 0.23mg (15.22%), Folate: 60.82µg (15.21%), Vitamin B2: 0.25mg (14.47%), Vitamin K: 11.77µg (11.21%), Phosphorus: 111.98mg (11.2%), Copper: 0.22mg (10.94%), Fiber: 2.32g (9.29%), Iron: 1.63mg (9.06%), Vitamin B3: 1.69mg (8.45%), Magnesium: 27.68mg (6.92%), Vitamin B6: 0.14mg (6.84%), Vitamin E: 1.02mg (6.81%), Potassium: 215.38mg (6.15%), Calcium: 54.61mg (5.46%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.52mg (5.19%), Vitamin C: 2.04mg (2.48%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.23µg (1.53%)