



Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



339 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 tablespoons butter softened
- 1.5 cups pineapple canned crushed drained
- 3 tablespoons canola oil
- 2 cups carrots grated
- 8 ounce cream cheese softened
- 2 large eggs
- 6.8 ounces flour all-purpose

- 1.3 cups granulated sugar
- 2 teaspoons ground cinnamon
- 0.3 cup pecans chopped
- 3 cups powdered sugar
- 1 teaspoon salt
- 0.5 cup coconut sweetened flaked
- 2 teaspoons vanilla extract

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, coconut, pecans, baking soda, salt, and cinnamon in a large bowl; stir well with a whisk.
- Combine oil and eggs; stir well. Stir egg mixture, grated carrot, and pineapple into flour mixture. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 350 for 35 minutes or until a wooden pick inserted in the center comes out clean. Cool completely on a wire rack.
- To prepare frosting, combine butter and cream cheese in a large bowl. Beat with a mixer at medium speed until smooth. Beat in powdered sugar and vanilla just until smooth.
- Spread frosting over top of cake.

Garnish each serving with grated carrot, if desired.

Nutrition Facts

  
 PROTEIN **4.01%**  FAT **31.47%**  CARBS **64.52%**

Properties

Glycemic Index:17.75, Glycemic Load:18.97, Inflammation Score:-9, Nutrition Score:7.5913043877353%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 339.26kcal (16.96%), Fat: 12.13g (18.66%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 55.95g (18.65%), Net Carbohydrates: 54.28g (19.74%), Sugar: 44.29g (49.21%), Cholesterol: 41.33mg (13.78%), Sodium: 366.54mg (15.94%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 3.47g (6.95%), Vitamin A: 2953.91IU (59.08%), Manganese: 0.28mg (14.11%), Selenium: 8.07µg (11.53%), Vitamin B1: 0.15mg (9.89%), Vitamin B2: 0.15mg (8.6%), Folate: 30.9µg (7.72%), Fiber: 1.67g (6.69%), Phosphorus: 57.17mg (5.72%), Vitamin E: 0.84mg (5.62%), Iron: 0.93mg (5.18%), Vitamin B3: 1mg (4.98%), Copper: 0.09mg (4.72%), Vitamin K: 4.77µg (4.54%), Potassium: 140.79mg (4.02%), Vitamin C: 3.06mg (3.71%), Magnesium: 14.26mg (3.56%), Vitamin B6: 0.07mg (3.43%), Calcium: 33.22mg (3.32%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.43mg (2.86%), Vitamin B12: 0.09µg (1.5%)