



Carrot Cake

 Vegetarian

READY IN



113 min.

SERVINGS



20

CALORIES



282 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 2 tablespoons butter softened
- 6 tablespoons butter softened
- 2 cups carrots grated
- 6 ounces cream cheese softened
- 3 large eggs
- 2.3 cups flour all-purpose

- 1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 1 ounce lillet blanc
- 0.5 cup buttermilk low-fat
- 0.3 cup pecans toasted chopped
- 3 cups powdered sugar
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract

Equipment

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

Directions

- Preheat oven to 35
- To prepare cake, weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, 2 teaspoons baking powder, ground cinnamon, and 1/4 teaspoon salt in a medium bowl, stirring with a whisk.
- Add 2 cups grated carrot, tossing to combine.
- Place granulated sugar, brown sugar, and 6 tablespoons butter in a large bowl. Beat with a mixer at medium speed until combined.

- Add eggs, 1 at a time, beating well after each addition. Stir in 1 teaspoon vanilla.
- Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
- Spread batter into a 13 x 9-inch metal baking pan coated with cooking spray.
- Bake at 350 for 28 minutes or until a wooden pick inserted in center comes out clean. Cool cake completely on a wire rack.
- To prepare frosting, place softened cream cheese and next 4 ingredients (through 1/8 teaspoon salt) in a medium bowl. Beat with a mixer at medium speed until fluffy. Gradually add powdered sugar, beating at medium speed until combined (don't overbeat).
- Spread frosting evenly over top of cake.
- Sprinkle evenly with toasted pecans.

Nutrition Facts

PROTEIN 4.8%

FAT 29.74%

CARBS 65.46%

Properties

Glycemic Index:21.3, Glycemic Load:15.39, Inflammation Score:-9, Nutrition Score:6.4495653069538%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 282.02kcal (14.1%), Fat: 9.43g (14.51%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 45.74g (16.63%), Sugar: 34.42g (38.24%), Cholesterol: 48.77mg (16.26%), Sodium: 179.4mg (7.8%), Alcohol: 0.34g (100%), Alcohol %: 0.48% (100%), Protein: 3.42g (6.85%), Vitamin A: 2437.06IU (48.74%), Selenium: 8.28µg (11.83%), Manganese: 0.21mg (10.52%), Vitamin B1: 0.14mg (9.01%), Vitamin B2: 0.15mg (8.78%), Folate: 33.29µg (8.32%), Phosphorus: 63.17mg (6.32%), Calcium: 57.95mg (5.8%), Iron: 0.98mg (5.46%), Vitamin B3: 1mg (5%), Fiber: 0.95g (3.8%), Vitamin B5: 0.3mg (3.02%), Potassium: 102.63mg (2.93%), Copper: 0.06mg (2.76%), Vitamin E: 0.4mg (2.67%), Zinc: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.45mg (2.36%),

Vitamin K: 2.43µg (2.31%), Vitamin B12: 0.11µg (1.8%), Vitamin C: 0.84mg (1.01%)