

JEWISH HOLIDAY COOKBOOK



Carrot Cake

READY IN



45 min.

SERVINGS



8

CALORIES



744 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 pound carrots raw grated
- ☐ 2 teaspoons cinnamon
- ☐ 2 cups confectioners' sugar
- ☐ 3 ounces cream cheese softened
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 1 teaspoon juice of lemon

- ☐ 4 tablespoons pareve margarine softened ()
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1.5 cups vegetable oil
- ☐ 0.5 cup walnuts chopped

Equipment

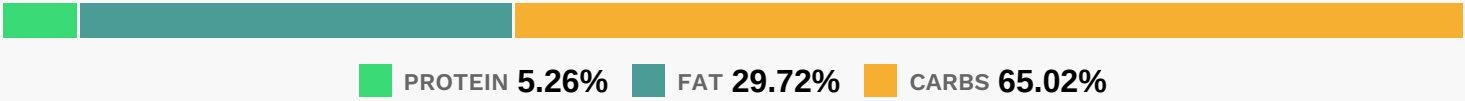
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees. Grease and flour a 10-inch Bundt or tube pan.
- ☐ Sift the flour together with the baking powder, baking soda, salt, and cinnamon.
- ☐ In another bowl, combine the sugar and oil and mix thoroughly.
- ☐ Add the carrots and blend well.
- ☐ Add the eggs, 1 at a time, to the carrot mixture, beating well after each addition. Fold in the nuts. Then gradually add the flour mixture, blending well.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Cool before frosting.
- ☐ When the cake is cool, blend together the frosting ingredients and frost.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Joan Nathan's Jewish Holiday Cookbook by Joan Nathan Copyright (c) 2004 by Joan Nathan Published by Knopf. Joan Nathan's books include The Jewish Holiday Kitchen, The Children's Jewish Holiday Kitchen, and Jewish Cooking in America, which won the IACP Julia Child Award for Best Cookbook of the Year in 1995 and the James Beard Award for Best American Cookbook. She contributes articles on international ethnic food and special holiday

features to the New York Times, the Los Angeles Times Syndicate, Hadassah Magazine, Food & Wine, and Food Arts. She lives in Washington, D.C., with her husband, Allan Gerson, and their three children.

Nutrition Facts



Properties

Glycemic Index:41.99, Glycemic Load:63.1, Inflammation Score:-10, Nutrition Score:18.781738975774%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 744.06kcal (37.2%), Fat: 25.09g (38.6%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 123.48g (41.16%), Net Carbohydrates: 119.86g (43.59%), Sugar: 82.75g (91.95%), Cholesterol: 92.58mg (30.86%), Sodium: 696.94mg (30.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin A: 9987.08IU (199.74%), Manganese: 0.75mg (37.44%), Selenium: 24.47µg (34.96%), Vitamin B1: 0.44mg (29.5%), Folate: 115.24µg (28.81%), Vitamin B2: 0.42mg (24.62%), Vitamin K: 23.3µg (22.19%), Iron: 3.15mg (17.52%), Phosphorus: 174.6mg (17.46%), Vitamin B3: 3.44mg (17.21%), Fiber: 3.61g (14.45%), Calcium: 122.34mg (12.23%), Copper: 0.23mg (11.73%), Vitamin E: 1.67mg (11.16%), Vitamin B6: 0.18mg (9.16%), Potassium: 315.8mg (9.02%), Magnesium: 33.09mg (8.27%), Vitamin B5: 0.81mg (8.08%), Zinc: 1.05mg (6.97%), Vitamin C: 3.72mg (4.5%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.44µg (2.93%)