



## Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



785 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 15.3 oz pineapple crushed drained canned
- ☐ 2 large carrots grated
- ☐ 2 teaspoons cinnamon
- ☐ 16 oz cream cheese softened
- ☐ 4 eggs

- ☐ 3 cups flour all-purpose
- ☐ 1 cup nuts chopped
- ☐ 1.5 cup nuts chopped
- ☐ 32 oz powdered sugar sifted
- ☐ 1 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups vegetable oil

## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Stir together first 5 ingredients in a medium bowl. Beat eggs and next 3 ingredients in a large mixing bowl at medium speed with an electric mixer until smooth.
- ☐ Add flour mixture, beating at low speed until blended. Fold in carrots, pineapple and nuts.
- ☐ Pour batter into 3 greased and floured 9" round cake pans.
- ☐ Bake at 350 for 25 to 30 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans and cool completely on wire racks.
- ☐ Frosting: Beat cream cheese and butter at medium speed with an electric mixer until smooth. Gradually add powdered sugar, beating at low speed until light and fluffy. Stir in vanilla and nuts. Makes 6 3/4 cups.
- ☐ Spread frosting between layers and on top and sides of cake.

## Nutrition Facts



 PROTEIN **4.83%**  FAT **36.4%**  CARBS **58.77%**

Properties

Glycemic Index:26.58, Glycemic Load:36.69, Inflammation Score:-9, Nutrition Score:13.440434849781%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 784.73kcal (39.24%), Fat: 32.6g (50.15%), Saturated Fat: 11.94g (74.59%), Carbohydrates: 118.45g (39.48%), Net Carbohydrates: 115.05g (41.84%), Sugar: 92.19g (102.44%), Cholesterol: 84.8mg (28.27%), Sodium: 496.58mg (21.59%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 9.74g (19.47%), Vitamin A: 2138.57IU (42.77%), Manganese: 0.66mg (33.2%), Selenium: 14.49µg (20.69%), Phosphorus: 193.21mg (19.32%), Copper: 0.38mg (18.76%), Vitamin B1: 0.27mg (18.26%), Vitamin B2: 0.31mg (18.06%), Magnesium: 65.31mg (16.33%), Folate: 65.15µg (16.29%), Fiber: 3.39g (13.58%), Vitamin B3: 2.65mg (13.25%), Iron: 2.38mg (13.2%), Vitamin K: 10.17µg (9.68%), Calcium: 94.86mg (9.49%), Zinc: 1.37mg (9.15%), Potassium: 280.09mg (8%), Vitamin B5: 0.74mg (7.38%), Vitamin B6: 0.14mg (7.25%), Vitamin E: 0.94mg (6.29%), Vitamin C: 3.17mg (3.84%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.22µg (1.47%)