

Carrot Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 pound carrots peeled (6 or 7 large carrots)
- ☐ 1.5 cups confectioners' sugar
- ☐ 0.5 cup brown sugar dark packed
- ☐ 4 eggs lightly beaten
- ☐ 2.5 cups flour
- ☐ 1.3 teaspoons ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ grater

Directions

- ☐ Preheat the oven to 350°F. Grease two 9-inch round pans or one 9 by 13-inch pan or with cooking spray or oil. In addition, you can also place a cut-out parchment circle on the bottom of the pan.
- ☐ Grate the carrots with a grater (the old-school way!) or a food processor. I prefer medium-grated carrots—not too big, not too fine.
- ☐ In a large bowl, mix together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves, salt, confectioner's sugar, and brown sugar. Stir in the oil and eggs, then the carrots.
- ☐ Pour the batter into the prepared pan and bake for 30 to 40 minutes, or until a toothpick comes out clean.
- ☐ Cool completely, then frost cream cheese frosting.
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Nutrition Facts



 **PROTEIN 7.33%**  **FAT 21.21%**  **CARBS 71.46%**

Properties

Glycemic Index:36.1, Glycemic Load:23.55, Inflammation Score:-10, Nutrition Score:15.343913057576%

Flavonoids

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: 398.74kcal (19.94%), Fat: 9.48g (14.58%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 71.85g (23.95%), Net Carbohydrates: 69g (25.09%), Sugar: 38.26g (42.51%), Cholesterol: 81.84mg (27.28%), Sodium: 423.97mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.75%), Vitamin A: 9592.04IU (191.84%), Selenium: 20.37µg (29.1%), Vitamin B1: 0.35mg (23.56%), Folate: 92.86µg (23.21%), Manganese: 0.44mg (22.04%), Vitamin B2: 0.33mg (19.47%), Vitamin K: 20.34µg (19.37%), Vitamin B3: 2.9mg (14.51%), Iron: 2.58mg (14.35%), Phosphorus: 120.33mg (12.03%), Fiber: 2.85g (11.38%), Calcium: 88.9mg (8.89%), Vitamin E: 1.2mg (7.97%), Potassium: 274.59mg (7.85%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.68mg (6.83%), Copper: 0.11mg (5.41%), Magnesium: 19.94mg (4.99%), Zinc: 0.71mg (4.73%), Vitamin C: 3.36mg (4.07%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)