



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 fromage 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



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%)