



Carrot Cake-Cheesecake

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



450 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1.5 cups carrots shredded (2 to 3 medium carrots)
- 0.5 cup confectioners' sugar
- 24 ounce cream cheese softened
- 2 large eggs
- 3 large eggs
- 1 cup flour all-purpose

- 3 tablespoons flour all-purpose
- 0.7 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 pinch kosher salt
- 12 servings kosher salt
- 1 teaspoon lemon zest (from 1 lemon)
- 0.5 cup pecan halves plus more, chopped, for garnish
- 0.7 cup cup heavy whipping cream sour
- 2 tablespoons cup heavy whipping cream sour
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract pure
- 1 teaspoon vanilla extract pure
- 0.5 cup vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- baking pan
- toothpicks
- roasting pan
- cake form
- aluminum foil
- stand mixer
- springform pan

Directions

- Watch how to make this recipe.
- For the carrot cake: Adjust an oven rack to the middle position and preheat to 350 degrees F.
- Spread 1/2 cup of the pecans on a rimmed baking sheet and bake until golden and toasted, 10 to 12 minutes. Allow to cool, and then finely chop.
- Combine the pecans, flour, baking powder, baking soda, cinnamon, ginger and 1/4 teaspoon salt in a large bowl.
- Whisk together the oil, sugar and eggs in a separate bowl. Stir the carrots into the egg mixture. Fold the carrot-egg mixture into the flour mixture until just combined.
- Pour into an ungreased 9-inch springform cake pan and tap it on the counter to even out the batter.
- Bake until the cake bounces back when pressed and a toothpick inserted in the middle comes out clean, 20 to 25 minutes. Cool completely. The cake can be made a day ahead and stored in the pan.
- For the cheesecake: Preheat the oven to 350 degrees F. Beat the cream cheese, sour cream and granulated sugar in a stand mixer fitted with a paddle attachment until smooth and creamy, about 5 minutes, scraping down the sides of the bowl as needed.
- Add the eggs one at a time, beating well after each addition. Beat in the flour, lemon zest and juice and vanilla, about 1 minute.
- Pour the cheesecake mixture over the carrot cake. Wrap the bottom and sides of the pan with a large piece of foil. Put in a roasting pan or a large baking dish and fill halfway up the sides of the cake pan with water.
- Bake until the cheesecake is pale yellow and just jiggles slightly in the center, about 1 hour. Turn off the oven and let the cheesecake rest in the hot oven for 30 minutes.
- Remove, run a sharp knife around the edge and let cool completely on a rack. Cover and refrigerate 8 hours or overnight.
- Whisk together the confectioners' sugar, sour cream, vanilla and salt.
- Spread on top of the cheesecake; garnish with chopped pecans. Refrigerate for at least 30 minutes before serving.
- Cut into slices and serve.

Nutrition Facts

PROTEIN 7.23% FAT 57.69% CARBS 35.08%

Properties

Glycemic Index:39.25, Glycemic Load:21.82, Inflammation Score:-9, Nutrition Score:11.248260757198%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 449.83kcal (22.49%), Fat: 29.37g (45.18%), Saturated Fat: 14.16g (88.48%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 38.9g (14.14%), Sugar: 28.03g (31.15%), Cholesterol: 143.48mg (47.83%), Sodium: 524.61mg (22.81%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 8.29g (16.57%), Vitamin A: 3641.85IU (72.84%), Selenium: 16.36µg (23.37%), Vitamin B2: 0.33mg (19.48%), Manganese: 0.37mg (18.27%), Phosphorus: 151.06mg (15.11%), Calcium: 113.39mg (11.34%), Vitamin B1: 0.16mg (10.59%), Folate: 42.33µg (10.58%), Vitamin B5: 0.83mg (8.27%), Vitamin E: 1.09mg (7.24%), Iron: 1.24mg (6.9%), Vitamin K: 7.16µg (6.82%), Zinc: 0.92mg (6.15%), Potassium: 206.79mg (5.91%), Vitamin B12: 0.34µg (5.69%), Vitamin B6: 0.11mg (5.52%), Copper: 0.11mg (5.27%), Vitamin B3: 1.02mg (5.12%), Fiber: 1.28g (5.11%), Magnesium: 19.14mg (4.79%), Vitamin D: 0.42µg (2.78%), Vitamin C: 1.29mg (1.56%)