



Carrot Cake in a 9 Inch Square Pan

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



661 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 teaspoon butter flavored
- 1 cup carrots grated
- 1.3 teaspoons cinnamon
- 1.3 cups powdered sugar
- 8 ounce cream cheese softened
- 8 oz pineapple dried drained chopped canned
- 3 large eggs

- 1 cup evaporated cane juice
- 0.5 cup pecans toasted finely chopped
- 0.3 teaspoon salt
- 1 cup coconut sweetened flaked
- 6.8 oz flour all-purpose
- 4 tablespoon butter unsalted softened
- 1 teaspoons vanilla
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- hand mixer
- toothpicks
- cake form

Directions

- Preheat the oven to 350 degrees F. Grease and flour a 9 inch square metal cake pan. If using glass, use 325 F. In a mixing bowl, stir or gently whisk together the eggs, oil, sugar, vanilla, butter flavor, baking soda, and salt. Stir in the flour, then add the carrots, coconut, pineapple and pecans.
- Pour the batter in the pan and bake for about 40 minutes to 45 minutes or until the top is nice and brown and a toothpick inserted comes out clean.
- Let cool in the pan and then frost
- To make the frosting, beat the cream cheese and butter with an electric mixer until creamy. Beat in the vanilla, then beat in the sugar.
- Spread over the cake.

Serve the cake straight out of the pan.

Nutrition Facts

PROTEIN 4.91% **FAT 39.12%** **CARBS 55.97%**

Properties

Glycemic Index:26.73, Glycemic Load:14.27, Inflammation Score:-9, Nutrition Score:13.286521693935%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 660.88kcal (33.04%), Fat: 29.97g (46.1%), Saturated Fat: 14.12g (88.27%), Carbohydrates: 96.46g (32.15%), Net Carbohydrates: 92.81g (33.75%), Sugar: 71.22g (79.13%), Cholesterol: 114.78mg (38.26%), Sodium: 372.2mg (16.18%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 8.46g (16.92%), Vitamin A: 3350.23IU (67%), Manganese: 0.66mg (33.11%), Selenium: 18.55µg (26.5%), Vitamin B2: 0.3mg (17.46%), Vitamin B1: 0.26mg (17.39%), Folate: 60.57µg (15.14%), Fiber: 3.65g (14.6%), Iron: 2.38mg (13.23%), Phosphorus: 130.67mg (13.07%), Vitamin K: 11.22µg (10.69%), Vitamin B3: 1.79mg (8.93%), Copper: 0.18mg (8.89%), Vitamin E: 1.17mg (7.83%), Calcium: 71.63mg (7.16%), Vitamin B5: 0.68mg (6.82%), Zinc: 0.99mg (6.6%), Magnesium: 26.15mg (6.54%), Potassium: 219.86mg (6.28%), Vitamin C: 5.08mg (6.16%), Vitamin B6: 0.1mg (4.95%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.48µg (3.2%)