



Carrot Cake (lighter)

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



236 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 cups carrots shredded
- 1 eggs
- 4 egg whites
- 1.5 teaspoons skim milk fat-free (skim)
- 2 cups flour all-purpose gold medal®
- 1.5 cups granulated sugar
- 1.8 teaspoons ground cinnamon

- 0.3 teaspoon nutmeg
- 4 oz cream cheese softened reduced-fat (half of 8-oz package) (Neufchâtel)
- 2 cups powdered sugar
- 0.5 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 0.5 teaspoon vanilla
- 0.5 cup vegetable oil

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease and flour bottom and sides of 13x9-inch pan. In large bowl, mix sugar, oil, applesauce, vanilla, egg and egg whites until blended; beat with spoon 1 minute. Stir in remaining cake ingredients except carrots; beat with spoon 1 minute. Stir in carrots.
- Pour into pan.
- Bake 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack.
- In medium bowl, beat cream cheese, milk and 1/2 teaspoon vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable.
- Spread frosting over cake.

Nutrition Facts



■ PROTEIN 6% ■ FAT 11.3% ■ CARBS 82.7%

Properties

Glycemic Index:18.76, Glycemic Load:22.49, Inflammation Score:-10, Nutrition Score:7.85999999598835%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 235.8kcal (11.79%), Fat: 3.01g (4.64%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 48.31g (17.57%), Sugar: 35.81g (39.79%), Cholesterol: 14.07mg (4.69%), Sodium: 200.61mg (8.72%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 3.6g (7.19%), Vitamin A: 4067.26IU (81.35%), Selenium: 8.19µg (11.7%), Vitamin B1: 0.15mg (9.68%), Vitamin B2: 0.16mg (9.37%), Manganese: 0.19mg (9.31%), Folate: 36.37µg (9.09%), Vitamin B3: 1.19mg (5.94%), Vitamin K: 5.91µg (5.63%), Fiber: 1.3g (5.2%), Iron: 0.92mg (5.11%), Phosphorus: 43.71mg (4.37%), Potassium: 135.4mg (3.87%), Calcium: 26.39mg (2.64%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.34mg (2.3%), Copper: 0.04mg (2.25%), Magnesium: 8.53mg (2.13%), Vitamin C: 1.5mg (1.82%), Zinc: 0.26mg (1.72%), Vitamin B12: 0.1µg (1.65%)