

Carrot Cake Loaves

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

37 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 tablespoons brown sugar
- ☐ 0.3 cup carrots shredded
- ☐ 2 tablespoons process cream cheese product light
- ☐ 1.5 tablespoons egg substitute frozen thawed
- ☐ 0.3 cup flour all-purpose
- ☐ 1 Dash ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 tablespoons yogurt plain low-fat

- ☐ 3 tablespoons powdered sugar
- ☐ 1 Dash salt
- ☐ 1.5 tablespoons apple sauce unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon walnuts finely chopped
- ☐ 1 teaspoon water

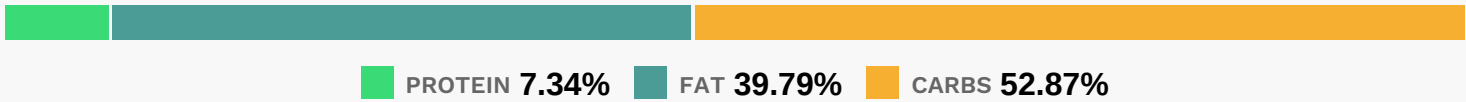
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a bowl; make a well in center of mixture.
- ☐ Combine brown sugar and next 5 ingredients, stirring well with a wire whisk.
- ☐ Add brown sugar mixture to dry ingredients, stirring just until dry ingredients are moistened. Stir in carrot, walnuts, and 3/4 teaspoon vanilla.
- ☐ Spoon batter into 2 (4-inch) loafpans coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove from pans, and let cool completely on a wire rack.
- ☐ Combine powdered sugar, cream cheese, and 1/4 teaspoon vanilla, stirring until smooth.
- ☐ Spread evenly over tops of loaves.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:1.19, Inflammation Score:-3, Nutrition Score:1.2291304572769%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 37.14kcal (1.86%), Fat: 1.66g (2.55%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.07g (3.41%), Cholesterol: 1.94mg (0.65%), Sodium: 31.46mg (1.37%), Alcohol: 0.09g (100%), Alcohol %: 0.72% (100%), Protein: 0.69g (1.38%), Vitamin A: 364.19IU (7.28%), Manganese: 0.05mg (2.71%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.49%), Vitamin K: 1.39µg (1.33%), Folate: 5.28µg (1.32%), Phosphorus: 11mg (1.1%), Calcium: 10.35mg (1.03%)