



Carrot Cake of My Dreams!

 Dairy Free

READY IN



115 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar
- ☐ 2 cups carrots shredded
- ☐ 0.8 cup confectioners' sugar
- ☐ 8 ounce carton egg substitute egg beaters® such as
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 20 ounce pineapple in juice crushed drained canned
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 0.7 cup vegetable oil
- ☐ 0.5 cup sugar white
- ☐ 1 cup zucchini shredded

Equipment

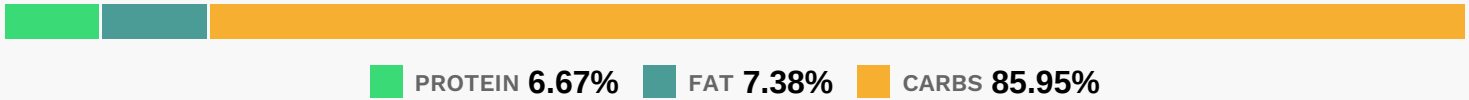
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a fluted tube pan (such as Bundt®).
- ☐ Combine flour, white sugar, cinnamon, baking soda, baking powder, salt, and ginger in a large bowl.
- ☐ Whisk drained pineapple, brown sugar, egg substitute, vegetable oil, and vanilla extract together in a separate bowl until smooth.
- ☐ Stir pineapple mixture, carrots, zucchini, and raisins into flour mixture just until flour is moistened.
- ☐ Pour batter into the prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the cake comes out clean, 55 to 65 minutes.

- ☐
- Cool in the pan for 10 minutes; remove cake from pan and cool completely on a wire rack, about 30 minutes.
- ☐
- Whisk reserved pineapple juice, 1 tablespoon at a time, with confectioners' sugar until a spreadable glaze forms.
- ☐
- Drizzle over cooled cake.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:21.72, Inflammation Score:-9, Nutrition Score:9.7930435330971%

Flavonoids

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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 265.63kcal (13.28%), Fat: 2.22g (3.42%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 55.94g (20.34%), Sugar: 31.54g (35.04%), Cholesterol: 0mg (0%), Sodium: 356.01mg (15.48%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 4.52g (9.05%), Vitamin A: 2738.83IU (54.78%), Selenium: 14.31µg (20.44%), Vitamin B1: 0.26mg (17.43%), Manganese: 0.3mg (14.88%), Folate: 52.26µg (13.07%), Vitamin B2: 0.21mg (12.6%), Iron: 1.95mg (10.81%), Fiber: 2.38g (9.51%), Vitamin B3: 1.83mg (9.13%), Potassium: 267.12mg (7.63%), Vitamin C: 6.23mg (7.55%), Copper: 0.12mg (6.13%), Phosphorus: 59.68mg (5.97%), Vitamin K: 6.21µg (5.92%), Calcium: 57.57mg (5.76%), Vitamin B6: 0.11mg (5.71%), Magnesium: 20.32mg (5.08%), Vitamin B5: 0.42mg (4.21%), Vitamin E: 0.52mg (3.44%), Zinc: 0.43mg (2.88%), Vitamin D: 0.23µg (1.51%)