

## Carrot Cake VI

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 2 teaspoons butter
- 2 large carrots grated
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 cup raisins

- 1 pinch salt
- 1 cup walnut pieces chopped
- 1.3 cups water
- 1.3 cups granulated sugar white

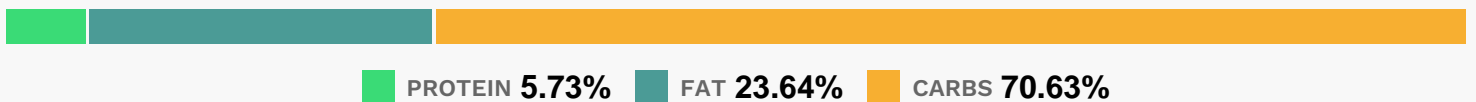
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- loaf pan
- wax paper

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x5 inch loaf pan, and line with wax paper.
- Combine water, sugar, raisins, grated carrots, cinnamon, cloves, nutmeg, and butter in a medium saucepan. Cook over low heat for 5 minutes. Cool.
- In a large bowl, stir together flour, baking soda, nuts, and salt. Stir in carrot mixture.
- Pour into prepared pan.
- Bake for 1 1/4 hours, or until a tester inserted in the center comes out clean. Cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:49.47, Glycemic Load:48.99, Inflammation Score:-9, Nutrition Score:12.886956465309%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 410.34kcal (20.52%), Fat: 11.23g (17.28%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 75.49g (25.16%), Net Carbohydrates: 71.66g (26.06%), Sugar: 34.67g (38.52%), Cholesterol: 2.69mg (0.9%), Sodium: 307.96mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 3042.64IU (60.85%), Manganese: 0.99mg (49.46%), Vitamin B1: 0.33mg (21.92%), Folate: 75.79µg (18.95%), Copper: 0.35mg (17.67%), Selenium: 11.68µg (16.69%), Fiber: 3.83g (15.32%), Iron: 2.47mg (13.74%), Vitamin B2: 0.23mg (13.37%), Vitamin B3: 2.4mg (11.99%), Phosphorus: 105.5mg (10.55%), Magnesium: 39.25mg (9.81%), Potassium: 310.54mg (8.87%), Vitamin B6: 0.15mg (7.65%), Zinc: 0.77mg (5.14%), Calcium: 36.4mg (3.64%), Vitamin K: 3.38µg (3.22%), Vitamin B5: 0.28mg (2.81%), Vitamin C: 2.25mg (2.73%), Vitamin E: 0.3mg (1.98%)