

Carrot Cake VIII

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



657 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 8 ounce pineapple with juice crushed canned
- ☐ 1 pound carrots
- ☐ 0.5 cup coconut or flaked
- ☐ 1.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose

- ☐ 1 tablespoon orange juice fresh
- ☐ 1.5 teaspoons orange zest
- ☐ 1.5 tablespoons pumpkin pie spice
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

Equipment

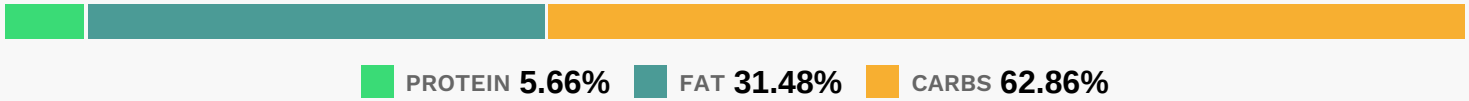
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat Bundt pan with vegetable oil spray. Flour pan and tap out excess flour.
- ☐ In a medium bowl, sift together flour, salt, soda and pumpkin pie spice. Set aside. In a separate bowl, combine coconut, walnuts and raisins. Set aside.
- ☐ Grate carrots (to make 3 cups). Set aside.
- ☐ In a large bowl, combine sugar, pineapple with juice, oil and applesauce. Beat on high speed for 3 minutes. Beat in eggs one at a time.
- ☐ Add vanilla and carrots.

- ☐
- Add flour mixture and beat on low speed until combined.
- ☐
- Add coconut, walnuts and raisins and combine.
- ☐
- Put batter into 10 inch Bundt pan.
- ☐
- Bake at 350 degrees F (175 degrees C) for 60 to 70 minutes, or until toothpick inserted into center of cake comes out clean. Cool in pan on wire rack. Invert onto serving plate. Frost, and refrigerate one hour.
- ☐
- To make the frosting: In a large bowl, combine cream cheese, butter, confectioners sugar, orange zest and juice. Beat until smooth.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:53.63, Inflammation Score:-10, Nutrition Score:17.979565185049%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 657.06kcal (32.85%), Fat: 23.51g (36.17%), Saturated Fat: 10.73g (67.04%), Carbohydrates: 105.59g (35.2%), Net Carbohydrates: 101.13g (36.78%), Sugar: 65.92g (73.24%), Cholesterol: 97.41mg (32.47%), Sodium: 585.71mg (25.47%), Alcohol: 0.45g (100%), Alcohol %: 0.22% (100%), Protein: 9.51g (19.03%), Vitamin A: 8105.36IU (162.11%), Manganese: 0.82mg (40.79%), Selenium: 21.84µg (31.19%), Vitamin B1: 0.4mg (26.46%), Folate: 96.33µg (24.08%), Vitamin B2: 0.39mg (23.21%), Fiber: 4.46g (17.83%), Iron: 3.02mg (16.77%), Phosphorus: 154.62mg (15.46%), Vitamin B3: 2.98mg (14.89%), Copper: 0.28mg (13.93%), Vitamin K: 13.58µg (12.94%), Potassium: 399.48mg (11.41%), Vitamin B6: 0.21mg (10.25%), Magnesium: 38.58mg (9.65%), Vitamin C: 6.93mg (8.4%), Vitamin E: 1.17mg (7.79%), Vitamin B5: 0.77mg (7.73%), Calcium: 74.12mg (7.41%), Zinc: 1.05mg (7.01%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.41µg (2.77%)