

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

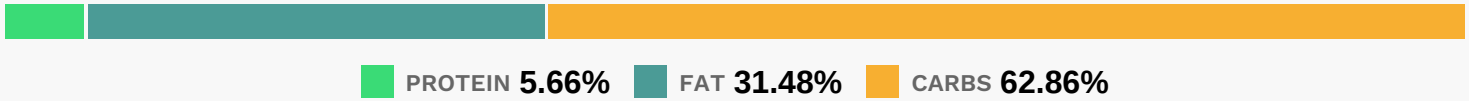
Directions

- ☐ 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.

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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%)