



## Carrot Cake with Butter Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.5 cup butter
- 1 cup carrots shredded
- 3 tablespoons cornstarch
- 2 eggs
- 1.3 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.5 cup orange juice
- 0.8 cup raisins
- 0.3 teaspoon salt
- 1 tablespoon vanilla extract
- 1.5 cups water
- 0.3 cup sugar white

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- microwave

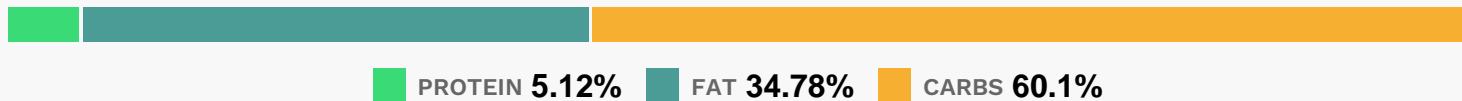
## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium bowl, mix flour, soda, baking powder, cinnamon, nutmeg, cloves and salt. Set aside.
- In a large bowl, cream brown sugar and 1/2 cup margarine.
- Add eggs and mix in.
- Add shredded carrots, raisins and orange juice.
- Stir in flour mixture, and beat until well combined.
- Pour into ungreased 8x8 inch pan.
- Bake at 325 degrees F (165 degrees C) for 35 to 40 minutes.
- Butter sauce: In a saucepan over low heat, combine 1/2 cup butter or margarine, sugar, cornstarch, water and vanilla. Cook and stir. When mixture comes to a boil, continue to boil for

1 minute.

Serve warm over carrot cake squares (can be reheated in microwave).

## Nutrition Facts



### Properties

Glycemic Index:64.97, Glycemic Load:24.54, Inflammation Score:-9, Nutrition Score:9.6704348273899%

### Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 331.8kcal (16.59%), Fat: 12.98g (19.98%), Saturated Fat: 7.74g (48.36%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 48.3g (17.56%), Sugar: 19.62g (21.8%), Cholesterol: 71.42mg (23.81%), Sodium: 390.24mg (16.97%), Alcohol: 0.56g (100%), Alcohol %: 0.44% (100%), Protein: 4.3g (8.6%), Vitamin A: 3118.87IU (62.38%), Selenium: 10.95µg (15.65%), Manganese: 0.3mg (15.16%), Vitamin B1: 0.21mg (13.94%), Folate: 52.04µg (13.01%), Vitamin B2: 0.2mg (11.77%), Vitamin C: 9.44mg (11.44%), Iron: 1.77mg (9.81%), Fiber: 2.17g (8.7%), Vitamin B3: 1.64mg (8.19%), Phosphorus: 78.42mg (7.84%), Potassium: 252.35mg (7.21%), Calcium: 65.3mg (6.53%), Copper: 0.11mg (5.51%), Vitamin B6: 0.09mg (4.36%), Magnesium: 16.12mg (4.03%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.37mg (3.69%), Vitamin K: 3.38µg (3.22%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%)