



Carrot Cake with Chèvre Frosting

 Vegetarian

READY IN



155 min.

SERVINGS



8

CALORIES



1172 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 1.3 cups canola oil
- ☐ 3 cups carrots grated
- ☐ 8 ounces cream cheese softened
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons ginger fresh minced

- ☐ 1 teaspoon ground cinnamon
- ☐ 8 oz pineapple rings crushed drained canned
- ☐ 16 oz powdered sugar
- ☐ 2 cups sugar
- ☐ 1 teaspoon salt
- ☐ 1 vanilla pod
- ☐ 1.3 cups walnut pieces toasted coarsely chopped
- ☐ 8 servings walnuts

Equipment

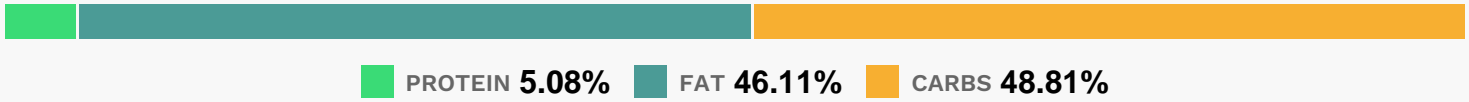
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Prepare Cake: Preheat oven to 35
- ☐ Grease 2 (8-inch) round cake pans; line bottoms with parchment paper, and grease and flour paper.
- ☐ Stir together flour and next 3 ingredients.
- ☐ Whisk together sugar and oil in a large bowl until well blended.
- ☐ Add eggs, 1 at a time, whisking until blended after each addition.
- ☐ Add flour mixture, stirring just until blended. Fold in carrots and next 3 ingredients. Spoon batter into prepared cake pans.
- ☐ Bake at 350 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 15 minutes.
- ☐ Remove from pans to wire racks; discard parchment paper. Cool completely (about 1 hour).
- ☐ Prepare Frosting: Beat goat cheese and butter at medium speed with an electric mixer 2 to 3 minutes or until creamy.

- ☐ Add powdered sugar, 1 cup at a time, beating at low speed until blended after each addition.
- ☐ Split vanilla bean; scrape seeds into goat cheese mixture. Beat 30 seconds to 1 minute or until frosting is light and fluffy.
- ☐ Spread 1/2 cup frosting between cake layers; spread remaining frosting on top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:41.12, Glycemic Load:54.83, Inflammation Score:-10, Nutrition Score:25.938260845516%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1172.38kcal (58.62%), Fat: 62.24g (95.76%), Saturated Fat: 17.15g (107.19%), Carbohydrates: 148.23g (49.41%), Net Carbohydrates: 142.27g (51.74%), Sugar: 114.19g (126.88%), Cholesterol: 128.89mg (42.96%), Sodium: 808.03mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.85%), Vitamin A: 8879.98IU (177.6%), Manganese: 1.99mg (99.56%), Copper: 0.9mg (44.79%), Vitamin B1: 0.49mg (32.38%), Folate: 127.04µg (31.76%), Selenium: 22.12µg (31.6%), Phosphorus: 291.21mg (29.12%), Vitamin B2: 0.44mg (25.72%), Magnesium: 99.17mg (24.79%), Fiber: 5.96g (23.84%), Vitamin B6: 0.41mg (20.59%), Iron: 3.53mg (19.63%), Vitamin E: 2.68mg (17.9%), Zinc: 2.27mg (15.15%), Vitamin B3: 3mg (15%), Potassium: 512.35mg (14.64%), Vitamin K: 14.65µg (13.95%), Calcium: 117.82mg (11.78%), Vitamin B5: 1.01mg (10.12%), Vitamin C: 6.22mg (7.54%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.38µg (2.5%)