



Carrot cake with cinnamon frosting

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



555 kcal

DESSERT

Ingredients

- ☐ 1 orange zest
- ☐ 50 g golden raisins
- ☐ 150 ml unrefined sunflower oil for greasing
- ☐ 2 eggs
- ☐ 140 g brown sugar light soft
- ☐ 85 g self raising flour
- ☐ 85 g self raising flour
- ☐ 2 tsp ground cinnamon mixed

- ☐ 1 tsp baking soda
- ☐ 140 g carrots grated
- ☐ 50 g walnuts chopped
- ☐ 200 g cheese soft (we used full fat Philadelphia)
- ☐ 50 g butter softened
- ☐ 85 g powdered sugar sifted
- ☐ 1 pinch ground cinnamon

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ microwave
- ☐ skewers

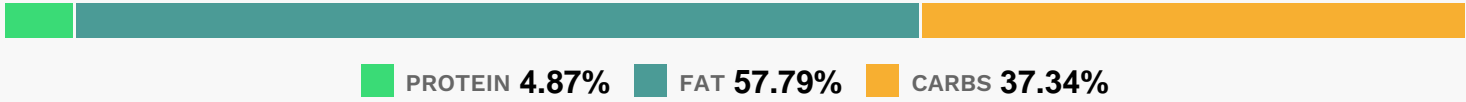
Directions

- ☐ If you have time to do it the night before, put the orange zest and juice in a bowl with the sultanas. If you don't have time simply stir the zest, juice and sultanas together and microwave on Medium for 1-2 mins.
- ☐ Heat oven to 180C/160C fan/gas 4 and grease and line the base and sides of a 2lb loaf tin.
- ☐ Whisk together the oil and eggs.
- ☐ Mix together the sugar, flours, mixed spice, cinnamon and bicarb in your largest mixing bowl.
- ☐ Add the sultanas with any juice and zest left in the bowl, grated carrot, walnuts and whisked egg mixture into the dry ingredients, then thoroughly mix with a wooden spoon. Tip into the loaf tin and bake on the middle shelf for 1 hr, or until a skewer comes out clean. Cool the cake in the tin.
- ☐ Once cool, remove from the tin and make the icing. With an electric whisk beat together butter, cinnamon and icing sugar until it comes together and is smooth. It takes a little while

to come together (will look like breadcrumbs for a bit).

- ☐
- Add the cream cheese and beat briefly until soft and smooth. Be careful not to overbeat or the cream cheese may split and become runny.
- ☐
- Spread over the top of the cake and decorate with walnut halves.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:13.69, Inflammation Score:-9, Nutrition Score:12.098260755124%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 555.36kcal (27.77%), Fat: 36.5g (56.16%), Saturated Fat: 10.76g (67.27%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 50.88g (18.5%), Sugar: 33.12g (36.8%), Cholesterol: 79.61mg (26.54%), Sodium: 310.23mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin A: 3484.85IU (69.7%), Vitamin E: 7.84mg (52.29%), Manganese: 0.56mg (28.07%), Selenium: 14.7µg (21.01%), Phosphorus: 107.03mg (10.7%), Copper: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.28%), Fiber: 2.19g (8.74%), Calcium: 74.12mg (7.41%), Potassium: 230.69mg (6.59%), Vitamin B6: 0.13mg (6.48%), Magnesium: 25.48mg (6.37%), Folate: 24.92µg (6.23%), Vitamin B5: 0.54mg (5.36%), Iron: 0.96mg (5.32%), Zinc: 0.73mg (4.87%), Vitamin K: 4.9µg (4.67%), Vitamin B1: 0.06mg (4.18%), Vitamin C: 3.38mg (4.1%), Vitamin B3: 0.6mg (3.01%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.22µg (1.47%)