



Carrot Cake with Coconut

 Gluten Free

READY IN



165 min.

SERVINGS



16

CALORIES



316 kcal

Ingredients

- ☐ 1 box betty delights super carrot cake mix
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup vegetable oil
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 1 teaspoon orange zest
- ☐ 1 teaspoon vanilla
- ☐ 4 eggs
- ☐ 0.5 cup nuts chopped
- ☐ 0.5 cup coconut or

- ☐ 0.5 cup raisins chopped
- ☐ 1 teaspoons orange zest
- ☐ 16 oz cream cheese frosting

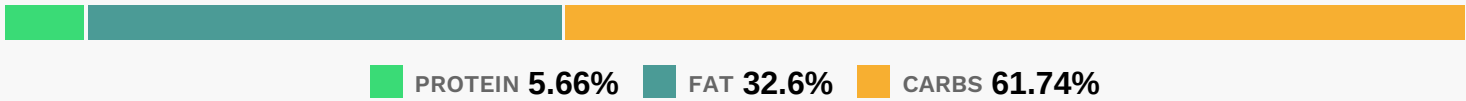
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease two 8- or 9-inch round cake pans or 13x9-inch pan and lightly flour, or spray with baking spray with flour. In large bowl, beat cake mix, orange juice, oil, pineapple, orange peel, vanilla and eggs on low speed 30 seconds. Beat on medium speed 2 minutes. Stir in nuts, coconut and raisins.
- ☐ Pour into pans.
- ☐ Bake 8- or 9-inch rounds 30 to 35 minutes, 13x9-inch pan 37 to 43 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around side of pans to loosen cakes; remove rounds from pans to cooling racks. Cool completely, about 1 hour.
- ☐ Stir orange peel into frosting.
- ☐ Place 1 cake layer, rounded side down, on serving plate.
- ☐ Spread with about 1/3 cup frosting.
- ☐ Place other layer, rounded side up, on top. Frost side and top of cake with remaining frosting or frost top of 13x9-inch cake. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:4.4865217727164%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 315.94kcal (15.8%), Fat: 11.51g (17.7%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 46.9g (17.05%), Sugar: 32.75g (36.39%), Cholesterol: 40.92mg (13.64%), Sodium: 195.53mg (8.5%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.49g (8.99%), Vitamin A: 829.59IU (16.59%), Fiber: 2.15g (8.6%), Vitamin C: 7.05mg (8.55%), Iron: 1.34mg (7.42%), Manganese: 0.15mg (7.26%), Copper: 0.11mg (5.73%), Selenium: 3.87µg (5.52%), Phosphorus: 50.81mg (5.08%), Vitamin B2: 0.08mg (4.44%), Magnesium: 17.24mg (4.31%), Potassium: 132.23mg (3.78%), Calcium: 34.67mg (3.47%), Folate: 11.31µg (2.83%), Vitamin B6: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.79%), Vitamin K: 2.65µg (2.52%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.25mg (2.49%), Vitamin B3: 0.36mg (1.81%), Vitamin B12: 0.1µg (1.63%), Vitamin E: 0.24mg (1.6%), Vitamin D: 0.22µg (1.47%)