



## Carrot Cake with Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



548 kcal

DESSERT

### Ingredients

- 0.5 cup apple sauce
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 3 tablespoons butter softened
- 0.3 cup canola oil
- 2 cups carrots shredded finely ( 6 small)
- 0.7 cup brown sugar dark packed
- 1 large eggs

- 2 large egg whites
- 2.5 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.3 cup vanilla yogurt low-fat
- 4.5 cups powdered sugar
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 2.5 teaspoons vanilla extract

## Equipment

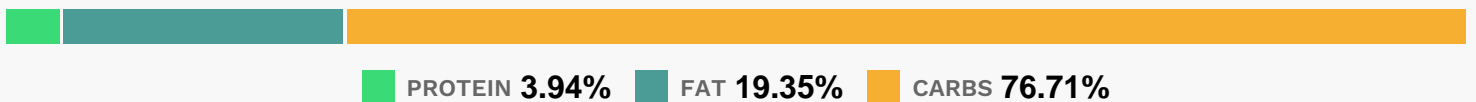
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cookie cutter
- measuring cup

## Directions

- Preheat oven to 35
- To prepare cake, coat 2 (8-inch) round and 1 (8-inch) square cake pans with cooking spray; dust with 3 tablespoons flour. Weigh or lightly spoon 2 ounces flour (about 2 1/2 cups) into dry measuring cups; level with a knife.
- Combine flour, baking powder, and next 4 ingredients in a large bowl, stirring with a whisk.

- Combine granulated sugar and next 7 ingredients in a medium bowl; beat well with a mixer at medium speed. Stir in carrot.
- Add to flour mixture, stirring just until moist.
- Pour 1 1/3 cups batter into each prepared pan.
- Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Run a knife around outside edge of pans. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire racks.
- To prepare frosting, combine butter and cream cheese in a large bowl. Beat with a mixer at medium speed until smooth. Gradually beat in powdered sugar and vanilla just until smooth. Cover and refrigerate until ready to use.
- For baby's cake, cut 2 small layers from square layer, using a (4-inch) round cookie cutter, discarding scraps.
- Place 1 layer on a small plate; spread with 1/3 cup frosting. Top with remaining layer.
- Spread 1/2 cup frosting on top and sides of cake.
- For adult cake, place 1 round cake layer on a plate; spread with 1/2 cup frosting. Top with remaining round layer.
- Spread 2 1/4 cups frosting on top and sides of cake. Store cakes loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:48.39, Glycemic Load:24.18, Inflammation Score:-10, Nutrition Score:11.952608665694%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 547.54kcal (27.38%), Fat: 11.88g (18.28%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 105.96g (35.32%), Net Carbohydrates: 104.04g (37.83%), Sugar: 77.3g (85.89%), Cholesterol: 27.94mg (9.31%), Sodium: 301.57mg (13.11%), Alcohol: 0.62g (100%), Alcohol %: 0.44% (100%), Protein: 5.44g (10.88%), Vitamin A: 4415.8IU (88.32%), Selenium: 15.17µg (21.67%), Vitamin B1: 0.29mg (19.24%), Folate: 70.15µg (17.54%), Manganese: 0.34mg (17.03%), Vitamin B2: 0.26mg (15.47%), Vitamin B3: 2.29mg (11.44%), Iron: 2.01mg (11.19%), Vitamin E: 1.67mg (11.16%), Calcium: 91.86mg (9.19%), Vitamin K: 9.27µg (8.83%), Phosphorus: 84.44mg (8.44%), Fiber: 1.93g (7.71%), Potassium: 183.91mg (5.25%), Copper: 0.08mg (4.16%), Magnesium: 15.22mg (3.81%), Vitamin B5: 0.37mg (3.7%), Vitamin B6: 0.07mg (3.61%), Zinc: 0.44mg (2.93%), Vitamin C: 1.69mg (2.05%), Vitamin B12: 0.09µg (1.5%)