



Carrot Cake with Cream Cheese Frosting

READY IN



145 min.

SERVINGS



12

CALORIES



563 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 3 cups carrots shredded (5 medium)
- 8 oz cream cheese softened
- 3 eggs
- 2 cups flour all-purpose gold medal®
- 1.5 cups granulated sugar
- 2 teaspoons ground cinnamon

- 2 teaspoons milk
- 1 cup nuts coarsely chopped
- 4 cups powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil

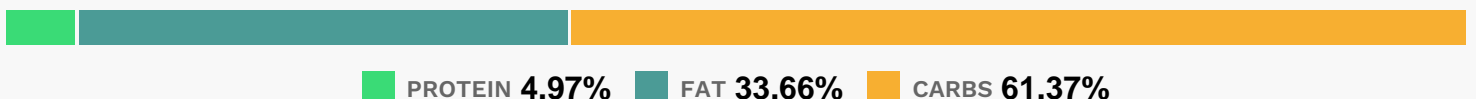
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening or cooking spray; lightly flour.
- In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended.
- Add flour, cinnamon, baking soda, baking powder, 1 teaspoon vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts.
- Pour into pan.
- Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In medium bowl, beat cream cheese, butter, milk and 1 teaspoon vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Frost cake. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.97, Glycemic Load:30.94, Inflammation Score:-10, Nutrition Score:13.401304359021%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg 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: 562.54kcal (28.13%), Fat: 21.55g (33.16%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 88.43g (29.48%), Net Carbohydrates: 85.72g (31.17%), Sugar: 66.48g (73.87%), Cholesterol: 60.11mg (20.04%), Sodium: 368.36mg (16.02%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.16g (14.31%), Vitamin A: 5832.44IU (116.65%), Manganese: 0.49mg (24.37%), Selenium: 12.51µg (17.88%), Vitamin B2: 0.25mg (15%), Vitamin B1: 0.22mg (14.56%), Folate: 57.14µg (14.29%), Phosphorus: 137.37mg (13.74%), Vitamin K: 11.5µg (10.96%), Fiber: 2.72g (10.86%), Copper: 0.22mg (10.76%), Vitamin B3: 2.14mg (10.71%), Iron: 1.82mg (10.13%), Magnesium: 39.02mg (9.75%), Calcium: 72.69mg (7.27%), Potassium: 243.01mg (6.94%), Vitamin E: 0.95mg (6.36%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.61mg (6.08%), Vitamin B6: 0.12mg (5.98%), Vitamin B12: 0.15µg (2.48%), Vitamin C: 1.96mg (2.37%), Vitamin D: 0.23µg (1.53%)