



Carrot Cake with Cream Cheese Frosting

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



930 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup canola oil
- ☐ 1.3 cup powdered sugar sifted
- ☐ 16 ounce cream cheese chilled
- ☐ 4 large eggs at room temperature
- ☐ 1 pound purple gel food coloring packed grated trimmed peeled fine (3 lightly cups total)
- ☐ 0.7 cup golden raisins dark

- ☐ 0.3 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 cups brown sugar light packed
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.8 teaspoon sea salt fine
- ☐ 2 cups flour all-purpose
- ☐ 11 tablespoons butter unsalted softened at room temperature
- ☐ 1 tablespoon vanilla extract pure
- ☐ 0.7 cup walnuts plus more lightly toasted nuts for garnish coarsely chopped

Equipment

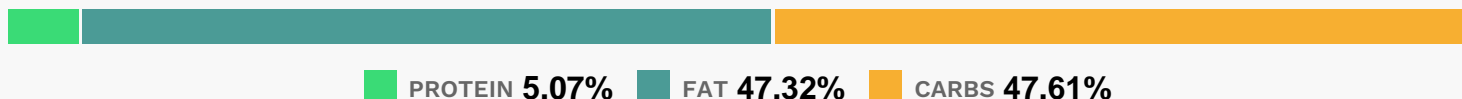
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Position a rack in the middle of the oven and preheat to 375°F. Butter the bottom and sides of 2 (9-inch-round, 2-inch-deep) cake pans and line the bottoms with parchment paper.
- ☐ In a large bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and allspice.
- ☐ In the bowl of a stand mixer fitted with the paddle attachment, mix the brown sugar on the lowest speed to break up any lumps.

- ☐ Add 1 egg and continue to mix on low until smooth and incorporated.
- ☐ Add the remaining eggs, one at a time, and mix on low until smooth and incorporated. Shut off the mixer and scrape down the bowl and paddle. Return the mixer to low then add the oil in a thin steady stream and continue to beat until fully incorporated.
- ☐ Add the flour mixture in 3 batches, using a large rubber spatula to fold the mixture together until just incorporated. Fold in the carrots, along with the nuts and raisins, if using.
- ☐ Divide the batter between the prepared pans and smooth the tops.
- ☐ Bake until the layers are firm and risen and the tip of a paring knife inserted in the center of the cake emerges clean, about 40 minutes.
- ☐ Transfer to a wire rack to let cool for 5 minutes then invert the cake layers onto the rack and peel off the parchment paper. Use another rack or a large plate to invert the cake layers again then slide them back on to the rack so they are right side up.
- ☐ Let the cake layers cool completely. DO AHEAD: The cakes can be baked ahead, cooled, wrapped in a double layer of plastic wrap, and refrigerated for up to 2 days, or frozen up to 1 month.
- ☐ In the bowl of a stand mixer fitted with the paddle attachment, combine the cream cheese and butter and beat on medium until smooth, 30 seconds to 1 minute. Shut off the mixer and scrape down the bowl and paddle.
- ☐ Add the confectioners' sugar and vanilla, and beat on medium, scraping down the bowl and paddle as necessary, until light and fluffy, about 2 minutes.
- ☐ Place 1 cake layer on a large plate and cover the top with about 1/3 of the frosting. Invert the second layer on top of the frosted bottom layer so that the flat side (the bottom) is on top.
- ☐ Spread the remaining frosting on the sides and top of the cake. If you used walnuts or pecans in the cake, sprinkle the frosting with a few tablespoons of lightly toasted chopped nuts. Keep at cool room temperature until serving time. DO AHEAD: Carrot cake can be baked and frosted ahead and kept, in an airtight cake dome, at cool room temperature, for 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:23.57, Inflammation Score:-7, Nutrition Score:14.863913004813%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 929.53kcal (46.48%), Fat: 49.87g (76.73%), Saturated Fat: 23.24g (145.23%), Carbohydrates: 112.88g (37.63%), Net Carbohydrates: 110.6g (40.22%), Sugar: 82.89g (92.1%), Cholesterol: 191.65mg (63.88%), Sodium: 607.6mg (26.42%), Alcohol: 0.56g (100%), Alcohol %: 0.22% (100%), Protein: 12.02g (24.04%), Manganese: 0.73mg (36.52%), Selenium: 24.7µg (35.29%), Vitamin A: 1381.42IU (27.63%), Vitamin B2: 0.45mg (26.41%), Folate: 85.23µg (21.31%), Phosphorus: 210.08mg (21.01%), Vitamin B1: 0.3mg (20.29%), Calcium: 175.46mg (17.55%), Iron: 2.96mg (16.47%), Copper: 0.31mg (15.36%), Vitamin E: 2.29mg (15.27%), Vitamin B3: 2.25mg (11.24%), Potassium: 359.88mg (10.28%), Magnesium: 40.9mg (10.22%), Vitamin B6: 0.2mg (10.2%), Vitamin B5: 1.01mg (10.12%), Fiber: 2.29g (9.15%), Zinc: 1.22mg (8.1%), Vitamin K: 7.54µg (7.18%), Vitamin B12: 0.38µg (6.33%), Vitamin D: 0.79µg (5.26%)