



Carrot Cake with Cream Cheese Frosting

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 11 g double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 4 medium carrots grated
- ☐ 250 g cream cheese
- ☐ 4 eggs
- ☐ 1 tsp ground cinnamon
- ☐ 50 g icing sugar (based on taste)
- ☐ 16 servings lemon rind for flavouring

- ☐ 300 g vegetable oil; peanut oil preferred ()
- ☐ 2 cups flour plain
- ☐ 0.5 tsp salt
- ☐ 1 cup sugar
- ☐ 125 g butter unsalted
- ☐ 1.5 cup walnuts toasted chopped

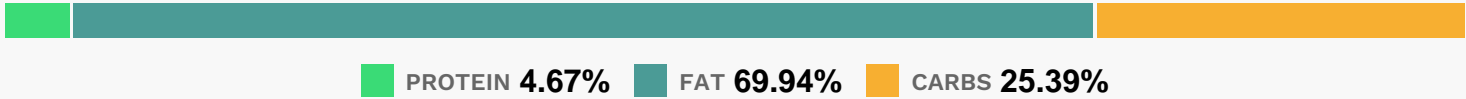
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ cake form
- ☐ skewers

Directions

- ☐ Preheat the oven to 180C/350F. Butter and line a 9 inch square pan with parchment paper. In a large bowl, whisk together the flour, baking powder, baking soda, salt and cinnamon. Then, sieve it at least once (I do it thrice – especially for cakes known to result in a dense texture). Beat the eggs and sugar in a bowl until paler in colour and quite frothy. Next, pour in the oil and continue to beat for a few minutes.
- ☐ Mix in the grated carrots, then fold in the flour mixture followed by the walnuts.
- ☐ Pour the cake batter into the cake tin and bake for 40–50 minutes until a skewer comes out clean. For the frosting, it's best to have all the ingredients at room temperature first. Beat the butter until smooth (beurre pommade – as the French say to associate it with the texture of an ointment). Next, add the cream cheese and continue to beat until smooth.
- ☐ Add the flavouring, if using. And then whisk in the icing sugar. When the cake has cooled completely, frost it with the cream cheese frosting and sprinkle with crushed pistachios if you like.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:18.4, Inflammation Score:-9, Nutrition Score:10.815652168315%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 488.19kcal (24.41%), Fat: 38.89g (59.83%), Saturated Fat: 11.38g (71.15%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 30.06g (10.93%), Sugar: 17.23g (19.14%), Cholesterol: 73.5mg (24.5%), Sodium: 261.69mg (11.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.69%), Vitamin A: 3014.92IU (60.3%), Manganese: 0.54mg (26.86%), Vitamin E: 3.57mg (23.77%), Selenium: 10.75µg (15.36%), Folate: 49.09µg (12.27%), Vitamin B1: 0.18mg (11.91%), Phosphorus: 115.73mg (11.57%), Vitamin B2: 0.19mg (11.44%), Copper: 0.22mg (10.89%), Calcium: 83.81mg (8.38%), Iron: 1.41mg (7.81%), Fiber: 1.69g (6.77%), Magnesium: 25.8mg (6.45%), Vitamin B3: 1.22mg (6.12%), Vitamin B6: 0.12mg (5.76%), Zinc: 0.72mg (4.79%), Vitamin B5: 0.44mg (4.4%), Potassium: 153.06mg (4.37%), Vitamin K: 3.45µg (3.28%), Vitamin B12: 0.15µg (2.43%), Vitamin D: 0.34µg (2.25%), Vitamin C: 1.31mg (1.58%)