



Carrot Cake with Cream Cheese Frosting



Vegetarian



Dairy Free

READY IN



46 min.

SERVINGS



12

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups carrots grated
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1 teaspoon orange rind grated
- ☐ 2 teaspoons pecans finely chopped
- ☐ 8 ounce pineapple in juice crushed canned
- ☐ 2 cups powdered sugar sifted
- ☐ 0.3 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

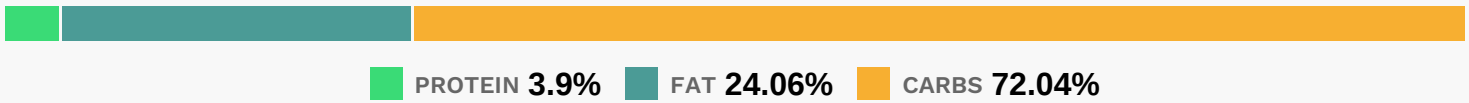
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottom of a 9-inch square baking pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients.
- ☐ Combine pineapple and next 6 ingredients in a large bowl. Beat with a mixer at medium speed until well blended.
- ☐ Add flour mixture; beat just until blended. Stir in carrot and raisins.

- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan.
- ☐ Remove wax paper. Cool completely on wire rack.
- ☐ Beat cream cheese with a mixer at medium speed until smooth. Gradually add powdered sugar; beat at low speed just until blended.
- ☐ Place cake layer on a plate; spread top and sides with cream cheese mixture.
- ☐ Sprinkle top with pecans. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:16.7, Inflammation Score:-9, Nutrition Score:6.5934782287349%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 262.37kcal (13.12%), Fat: 7.18g (11.05%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 46.97g (17.08%), Sugar: 35.66g (39.62%), Cholesterol: 15.5mg (5.17%), Sodium: 143.62mg (6.24%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 2.62g (5.24%), Vitamin A: 2706.52IU (54.13%), Vitamin K: 13.5µg (12.86%), Selenium: 6.25µg (8.94%), Manganese: 0.17mg (8.44%), Vitamin B1: 0.12mg (8.19%), Vitamin B2: 0.12mg (7.22%), Folate: 25.58µg (6.4%), Fiber: 1.43g (5.71%), Iron: 0.82mg (4.55%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.67mg (4.46%), Potassium: 138.82mg (3.97%), Vitamin C: 3.18mg (3.85%), Copper: 0.07mg (3.53%), Phosphorus: 32.37mg (3.24%), Vitamin B6: 0.06mg (2.89%), Magnesium: 10.42mg (2.61%), Vitamin B5: 0.17mg (1.73%), Calcium: 16.57mg (1.66%), Zinc: 0.23mg (1.54%)