



Carrot Cake with Cream Cheese-Lemon Zest Frosting

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



708 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1.5 cups granulated sugar organic
- 0.8 cup canola oil organic
- 1 pound carrots organic peeled cut into 2-inch lengths (3 cups)
- 0.5 cup brown sugar
- 3 eggs organic
- 1.5 cups flour organic all-purpose

- 0.5 tablespoon ginger fresh organic minced
- 0.5 cup golden raisins organic drained for 20 minutes and
- 2.3 teaspoons ground cinnamon organic
- 1 pinch nutmeg organic freshly grated
- 1 cup pineapple organic chopped
- 1 teaspoon salt
- 0.3 cup coconut flakes dried shredded unsweetened organic
- 1 tablespoon vanilla extract organic
- 0.8 cup walnuts organic toasted chopped
- 0.5 cup pastry flour whole wheat organic

Equipment

- food processor
- bowl
- baking paper
- oven
- whisk
- wire rack

Directions

- Preheat the oven to 350°F. Butter and flour two 8-inch round cake pans and line the bottoms with parchment paper (to ensure that the cake will not stick), or place liners in 2 muffin pans for 24 cupcakes. Set aside.
- Place the dried coconut in a cup of warm water to soften and set it aside for 15 minutes.
- Place the carrots in a food processor and pulse on and off for 1 minute. Then add the pineapple and pulse until the carrots are cut into very small pieces and the pineapple is pureed, 1 to 2 minutes.
- In a large bowl, sift together the dry ingredients.
- Add the brown sugar and use a whisk to break up any lumps.
- Drain the coconut and place it in a medium bowl.

- Add the oil, vanilla extract, eggs, and carrot–pineapple mixture, and whisk to combine.
- Add the wet ingredients into the dry, mixing with a rubber spatula to incorporate but not overmix. When the batter is almost mixed, stir in the additions, if using.
- Pour the batter into the prepared pans.
- Bake for 55 minutes, or until the tops are a very golden brown and a tester inserted in the center comes out clean. (It may look as if the cake is too well done, but it takes a while to bake because it's so dense.) For cupcakes, the baking time is 35 to 40 minutes.
- Let the cakes cool in the pans for 10 minutes. Then invert them onto a wire rack and let them cool completely.
- Fill and frost the cake with the Cream Cheese–Lemon Zest Frosting (for added oomph, add 1/2 tablespoon minced fresh ginger to the frosting).
- to decorate
- Fill and frost the cake with cream cheese frosting and let chill. Tint 1/2 cup frosting lemon yellow, and use the 10 tip to pipe 5 dots in a circle to create simple buttercup flowers. Then combine any remaining yellow frosting with some additional cream cheese frosting and tint it leaf green. I use tip #67, which pipes small fern stems. Pipe the center stamen with cream cheese frosting and chill to set.
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Nutrition Facts



Properties

Glycemic Index: 69.54, Glycemic Load: 61.88, Inflammation Score: -10, Nutrition Score: 24.23260873297%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 708.37kcal (35.42%), Fat: 21.34g (32.83%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 123.63g (41.21%), Net Carbohydrates: 116.53g (42.38%), Sugar: 82.41g (91.57%), Cholesterol: 81.84mg (27.28%), Sodium: 846.38mg (36.8%), Alcohol: 0.75g (100%), Alcohol %: 0.31% (100%), Protein: 11.2g (22.41%), Vitamin A: 12770.48IU

(255.41%), Manganese: 1.81mg (90.6%), Selenium: 25.86µg (36.94%), Vitamin B1: 0.43mg (28.72%), Fiber: 7.09g (28.37%), Folate: 106.78µg (26.7%), Copper: 0.5mg (24.98%), Vitamin B2: 0.39mg (22.7%), Vitamin C: 18.32mg (22.2%), Phosphorus: 217.79mg (21.78%), Iron: 3.53mg (19.62%), Vitamin B6: 0.37mg (18.46%), Vitamin B3: 3.61mg (18.07%), Magnesium: 70.1mg (17.52%), Potassium: 587.17mg (16.78%), Vitamin K: 15.58µg (14.84%), Vitamin E: 1.96mg (13.08%), Zinc: 1.6mg (10.64%), Vitamin B5: 0.97mg (9.66%), Calcium: 95mg (9.5%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)