



Carrot Cake with Ginger Mascarpone Frosting

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



776 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 pound carrots grated (see Cook's Note)
- ☐ 2 cups confectioners' sugar sifted
- ☐ 4 ounces cream cheese at room temperature
- ☐ 0.3 cup crystallized ginger minced (not in syrup)
- ☐ 10 servings crystallized ginger chopped for garnish (not in syrup)
- ☐ 3 extra large eggs at room temperature
- ☐ 2 cups flour all-purpose

- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 12 ounces mascarpone cheese italian at room temperature
- ☐ 1 cup raisins
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.3 cups vegetable oil
- ☐ 1 cup walnuts chopped

Equipment

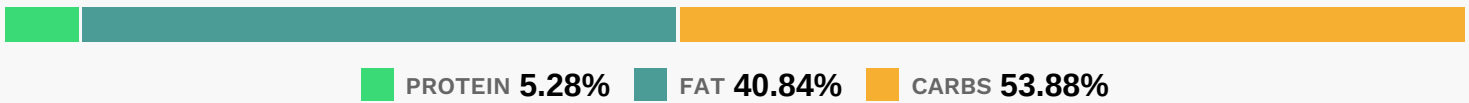
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Grease two 9-by-2-inch round cake pans, line the bottoms with parchment paper, and grease and flour the pans.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the sugar, oil, and eggs on medium-high speed for 2 minutes, until light yellow and thickened. Stir in the vanilla. In another bowl, sift together the 2 cups of flour, cinnamon, baking soda, and salt. With the mixer on low, slowly add the dry ingredients to the wet ones.

- ☐ In a medium bowl, toss the carrots, raisins, walnuts, and the 1 tablespoon of flour. Stir into the batter with a rubber spatula. Divide the batter between the prepared pans and smooth the tops.
- ☐ Bake for 10minutes, lower the heat to 350 degrees F, and bake for 30 to 35 minutes, until a toothpick comes out clean. Cool in the pans for 15 minutes, turn out onto a baking rack, and cool completely.
- ☐ Place one cake on a flat serving plate, rounded-side down.
- ☐ Spread half the frosting on the top (not the sides).
- ☐ Place the second cake on top of the first cake, rounded-side up. Frost just the top of the second cake.
- ☐ Sprinkle with the ginger and serve at room temperature.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the mascarpone, cream cheese, confectioners sugar, cream, and vanilla together for about 1 minute, until light and fluffy.
- ☐ Add the crystallized ginger and salt and beat for 30 seconds more.

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:49.62, Inflammation Score:-10, Nutrition Score:16.336087050645%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 775.7kcal (38.79%), Fat: 35.9g (55.23%), Saturated Fat: 14.72g (91.98%), Carbohydrates: 106.57g (35.52%), Net Carbohydrates: 102.64g (37.32%), Sugar: 70.87g (78.74%), Cholesterol: 111.36mg (37.12%), Sodium: 742.75mg (32.29%), Alcohol: 0.21g (100%), Alcohol %: 0.1% (100%), Protein: 10.45g (20.89%), Vitamin A: 8344.62IU (166.89%), Manganese: 0.75mg (37.72%), Selenium: 15.8µg (22.58%), Vitamin B1: 0.29mg (19.49%), Folate: 75.33µg (18.83%), Vitamin B2: 0.32mg (18.54%), Vitamin K: 17.58µg (16.74%), Fiber: 3.93g (15.71%), Copper: 0.31mg (15.36%), Phosphorus: 141.66mg (14.17%), Iron: 2.39mg (13.3%), Vitamin B3: 2.25mg (11.24%), Potassium: 388.1mg (11.09%),

Calcium: 109.23mg (10.92%), Vitamin B6: 0.2mg (10.02%), Magnesium: 37.35mg (9.34%), Vitamin E: 1.18mg (7.88%),
Zinc: 0.97mg (6.45%), Vitamin B5: 0.64mg (6.38%), Vitamin C: 3.64mg (4.42%), Vitamin B12: 0.18µg (2.99%),
Vitamin D: 0.38µg (2.56%)