



Carrot Cake with Lime and Mascarpone Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

DESSERT

Ingredients

- ☐ 2 double-acting baking powder
- ☐ 2.5 cups carrots organic grated
- ☐ 0.8 cup powdered sugar
- ☐ 2 large eggs organic
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon freshly ground
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 juice of lemon to taste
- ☐ 1 cup brown sugar light
- ☐ 1 lime
- ☐ 1 cup mascarpone cheese (scant)
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.7 cup unrefined sunflower oil (scant)
- ☐ 6 tablespoons butter unsalted softened ()
- ☐ 0.8 cup walnuts shelled roughly chopped

Equipment

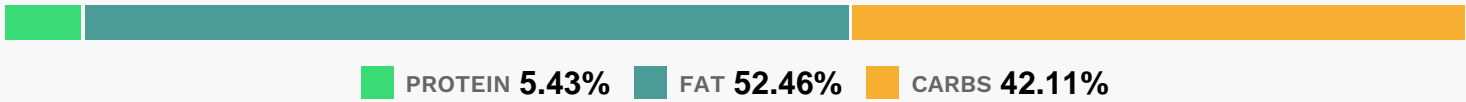
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ cake form
- ☐ skewers
- ☐ zester

Directions

- ☐ Preheat the oven to 350 degrees F. Grease and line two 8" cake pans (or one deep pan). Sift the flour and baking powder together into a large bowl and mix in the spices.
- ☐ Using an electric mixer, whisk together the muscovado (or brown) sugar, sunflower oil, and eggs until smooth. With a large metal spoon, fold in the grated carrots and chopped walnuts, then fold in the flour and spices until evenly combined.
- ☐ Spoon the mixture into the prepared cake pan(s), set on a baking tray, and bake until a skewer inserted into the center comes out clean; test after 25 minutes for layer cake; 40 minutes for a deep cake. Leave to cool in the pan(s) on a wire rack.

- ☐ For the frosting, pare a few shreds of lime zest with a zester and set aside; grate the rest of the zest and squeeze the juice from one half. In a bowl, beat the mascarpone with the softened butter, sugar, grated lime zest, and the lime and lemon juices. Taste. I like a good sharp topping, so sometimes add more lime, sometimes more lemon juice.
- ☐ Sandwich the layers together with some of the mascarpone mixture, (or cut a deep cake into two layers).
- ☐ Spread the frosting over the top of the cake and smooth it down the sides to cover completely, then ruffle the surface. Either refrigerate or serve immediately, topped with the reserved zest. I like it a little cold, so that the frosting has set slightly.
- ☐ Add snowdrops in season!
- ☐ From Supper for a Song by Tamasin Day-Lewis. Text © 2009 Tamasin Day-Lewis; photography © 2009 James Merrell. Published by Rizzoli International Publications, Inc.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:12.5, Inflammation Score:-10, Nutrition Score:14.255217272302%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 564.01kcal (28.2%), Fat: 33.52g (51.57%), Saturated Fat: 14.77g (92.34%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 57.7g (20.98%), Sugar: 40.2g (44.66%), Cholesterol: 97.2mg (32.4%), Sodium: 97.59mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Vitamin A: 7413.6IU (148.27%), Manganese: 0.71mg (35.51%), Selenium: 11.59µg (16.56%), Folate: 61.74µg (15.44%), Vitamin B1: 0.23mg (15.09%), Vitamin E: 2.26mg (15.05%), Copper: 0.25mg (12.66%), Calcium: 119.8mg (11.98%), Vitamin B2: 0.2mg (11.85%), Fiber: 2.82g (11.3%), Phosphorus: 109.11mg (10.91%), Iron: 1.89mg (10.48%), Vitamin B3: 1.74mg (8.69%), Vitamin B6: 0.16mg (8.05%), Magnesium: 32mg (8%), Potassium: 267.15mg (7.63%), Vitamin C: 5.68mg (6.88%), Vitamin K: 6.91µg (6.58%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.77mg (5.15%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.13µg (2.15%)