



Carrot Cake with Maple-Cream Cheese Icing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



616 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons baking soda
- ☐ 1.3 cups canola oil
- ☐ 3 cups carrots grated peeled
- ☐ 10 ounces cream cheese room temperature (such as Philadelphia)
- ☐ 4 large eggs
- ☐ 2 tablespoons ginger minced peeled
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 cup maple syrup pure
- ☐ 2.5 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 5 tablespoons butter unsalted room temperature
- ☐ 12 walnut halves (for garnish)
- ☐ 1.3 cups walnut pieces coarsely chopped

Equipment

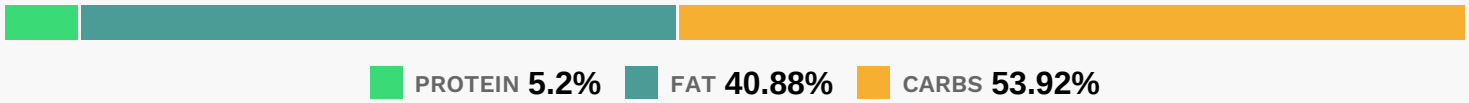
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter two 9-inch-diameter cake pans. Line bottom of pans with waxed paper. Butter and flour paper; tap out excess flour.
- ☐ Whisk flour, baking soda, salt and cinnamon in medium bowl to blend.
- ☐ Whisk sugar and oil in large bowl until well blended.
- ☐ Whisk in eggs 1 at a time.
- ☐ Add flour mixture and stir until blended. Stir in carrots, walnuts and ginger. Divide batter between prepared pans.
- ☐ Bake cakes until tester inserted into center comes out clean, about 40 minutes. Cool cakes in pans 15 minutes. Turn out onto racks. Peel off waxed paper; cool cakes completely.
- ☐ Using electric mixer, beat cream cheese and butter in large bowl until light and fluffy.
- ☐ Add powdered sugar and beat at low speed until well blended. Beat in maple syrup. Chill until just firm enough to spread, 30 minutes.
- ☐ Place 1 cake layer on platter.
- ☐ Spread with 3/4 cup icing. Top with second layer.

- ☐
- Spread remaining icing over entire cake. Arrange walnut halves around top edge. (Can be made 1 day ahead. Cover with cake dome; chill.
- ☐
- Let stand at room temperature 30 minutes before serving.)

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:38.02, Inflammation Score:-10, Nutrition Score:15.39347830026%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 616.38kcal (30.82%), Fat: 28.76g (44.24%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 85.35g (28.45%), Net Carbohydrates: 82.83g (30.12%), Sugar: 64.66g (71.84%), Cholesterol: 98.4mg (32.8%), Sodium: 499.07mg (21.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.47%), Vitamin A: 5902.3IU (118.05%), Manganese: 0.87mg (43.43%), Selenium: 15.36µg (21.95%), Vitamin B2: 0.37mg (21.88%), Folate: 68.38µg (17.1%), Vitamin B1: 0.25mg (16.68%), Copper: 0.29mg (14.73%), Phosphorus: 142.97mg (14.3%), Vitamin E: 1.66mg (11.07%), Iron: 1.86mg (10.31%), Fiber: 2.52g (10.08%), Magnesium: 37.1mg (9.27%), Vitamin B3: 1.76mg (8.78%), Vitamin B6: 0.17mg (8.67%), Vitamin K: 9µg (8.58%), Potassium: 264.7mg (7.56%), Calcium: 71.11mg (7.11%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.66mg (6.59%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.42µg (2.81%), Vitamin C: 2.14mg (2.59%)