



WHATSheATE



Carrot Cake with PHILLY Cream Cheese Icing



Vegetarian

READY IN



120 min.

SERVINGS



18

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons magic baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 19 ounce pineapple crushed drained well canned
- ☐ 2 cups carrots grated
- ☐ 1 Dash ground cloves
- ☐ 250 g philadelphia brick cream cheese softened
- ☐ 4 eggs

- ☐ 2 cups flour
- ☐ 2 cups granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups icing sugar
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1.3 cups oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped

Equipment

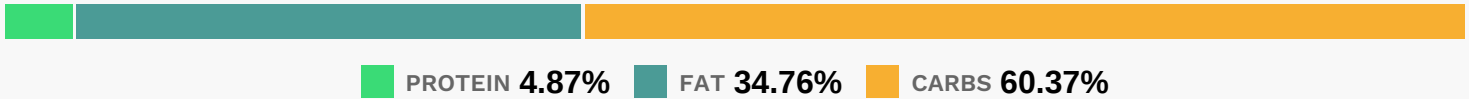
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Heat oven to 350 degrees F. Sift together flour, baking powder, baking soda, spices and salt in medium bowl; set aside. Beat eggs and oil in large bowl with wire whisk until well blended. Gradually add granulated sugar, mixing until blended.
- ☐ Add flour mixture, carrots, pineapple and walnuts; mix well.
- ☐ Pour into greased and floured 12-cup fluted tube pan or 10-inch (3-L) tube pan.

- ☐ Bake 50 min. to 1 hour or until wooden toothpick inserted in centre comes out clean. Cool 10 min.; loosen from sides of pan with spatula or knife and gently remove cake. Cool completely on wire rack.
- ☐ Icing: Beat cream cheese and butter in large bowl with electric mixer until well blended. Gradually add icing sugar, juice and peel, beating until well blended after each addition.
- ☐ Spread on top of cake. Store leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:24.01, Inflammation Score:-9, Nutrition Score:8.46695663618%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 347.44kcal (17.37%), Fat: 13.79g (21.22%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 52.25g (19%), Sugar: 40.87g (45.41%), Cholesterol: 57.18mg (19.06%), Sodium: 261.43mg (11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin A: 2711.17IU (54.22%), Manganese: 0.34mg (17.19%), Selenium: 9.46µg (13.52%), Vitamin B1: 0.17mg (11.18%), Vitamin B2: 0.17mg (10.17%), Folate: 38.86µg (9.72%), Phosphorus: 78.46mg (7.85%), Fiber: 1.65g (6.59%), Calcium: 65.91mg (6.59%), Vitamin E: 0.99mg (6.58%), Iron: 1.17mg (6.48%), Copper: 0.12mg (6.22%), Vitamin B3: 1.11mg (5.55%), Vitamin K: 5.19µg (4.95%), Vitamin C: 3.89mg (4.72%), Vitamin B6: 0.09mg (4.57%), Magnesium: 17.48mg (4.37%), Potassium: 148.16mg (4.23%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.47mg (3.16%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.2µg (1.3%)