



## Carrot Cake with Toasted Coconut Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter softened
- ☐ 0.3 cup canola oil
- ☐ 2.5 ounce carrots
- ☐ 4 ounces carrots finely grated
- ☐ 2 large eggs lightly beaten

- ☐ 3.3 ounces flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.3 cups powdered sugar sifted
- ☐ 0.3 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 0.5 teaspoon vanilla extract

## Equipment

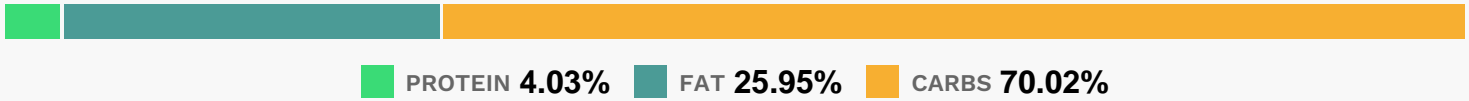
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a food processor; pulse 6 times or until well blended.
- ☐ Place flour mixture in a large bowl.
- ☐ Combine granulated sugar, canola oil, baby food, and eggs; stir with a whisk.

- ☐ Add to flour mixture; stir just until moist. Stir in grated carrot and raisins. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 325 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ To prepare frosting, combine cheese and butter in a large bowl. Beat with a mixer at high speed until creamy. Gradually add powdered sugar and vanilla, beating at low speed until smooth (do not overbeat).
- ☐ Spread over cake; sprinkle with coconut. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:42.29, Glycemic Load:19.79, Inflammation Score:-9, Nutrition Score:6.405217460964%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 243.15kcal (12.16%), Fat: 7.22g (11.1%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 42.45g (15.44%), Sugar: 33.92g (37.69%), Cholesterol: 33.51mg (11.17%), Sodium: 165.75mg (7.21%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.52g (5.04%), Vitamin A: 2640.26IU (52.81%), Manganese: 0.23mg (11.58%), Selenium: 6.34µg (9.06%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.11mg (6.23%), Vitamin B1: 0.09mg (5.69%), Vitamin K: 5.83µg (5.55%), Folate: 22.07µg (5.52%), Phosphorus: 54.59mg (5.46%), Fiber: 1.35g (5.41%), Iron: 0.84mg (4.69%), Calcium: 37.82mg (3.78%), Potassium: 128.84mg (3.68%), Vitamin B3: 0.72mg (3.61%), Magnesium: 12.44mg (3.11%), Vitamin B6: 0.06mg (3.05%), Copper: 0.06mg (3.04%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.29mg (1.96%), Vitamin C: 1.11mg (1.34%), Vitamin B12: 0.08µg (1.27%), Vitamin D: 0.17µg (1.11%)