

Carrot Cake XI



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 4 cups carrots grated
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups vegetable oil

- ☐ 0.8 cup walnuts chopped
- ☐ 2 cups sugar white

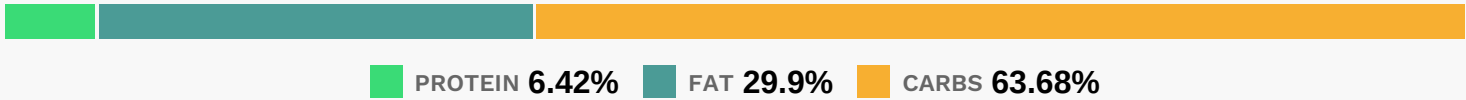
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking powder, baking soda, salt and cinnamon. Set aside.
- ☐ In a large bowl, mix together the sugar and eggs until thick and pale. Stir in the oil, then gradually mix in the sifted dry ingredients. Fold in the carrots and nuts.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake for 40 to 45 minutes in the preheated oven, or until a toothpick inserted into the cake comes out clean. When cool, frost with your favorite Cream Cheese Frosting.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:29.12, Inflammation Score:-10, Nutrition Score:11.165652171425%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg 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: 267.57kcal (13.38%), Fat: 9.14g (14.06%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 41.86g (15.22%), Sugar: 28.48g (31.64%), Cholesterol: 43.65mg (14.55%), Sodium: 320.93mg

(13.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.83%), Vitamin A: 5767.63IU (115.35%), Manganese: 0.41mg (20.67%), Selenium: 9.74µg (13.92%), Folate: 48.25µg (12.06%), Vitamin B1: 0.18mg (11.87%), Vitamin K: 11.96µg (11.39%), Vitamin B2: 0.17mg (9.98%), Phosphorus: 85.28mg (8.53%), Fiber: 1.94g (7.76%), Iron: 1.35mg (7.48%), Copper: 0.14mg (7.19%), Vitamin B3: 1.4mg (6.99%), Calcium: 60.39mg (6.04%), Vitamin B6: 0.11mg (5.31%), Potassium: 170.86mg (4.88%), Vitamin E: 0.72mg (4.82%), Magnesium: 18.72mg (4.68%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.54mg (3.59%), Vitamin C: 2.1mg (2.55%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%)