



Carrot-Cranberry Cake

READY IN



120 min.

SERVINGS



12

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup cream sour
- ☐ 3 eggs

- ☐ 1 tablespoon brandy
- ☐ 2 cups carrots shredded (4 medium)
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 6 oz cream cheese softened
- ☐ 3 tablespoons butter softened
- ☐ 0.5 teaspoon brandy
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups powdered sugar
- ☐ 1 serving candied pineapple
- ☐ 1 serving orange zest

Equipment

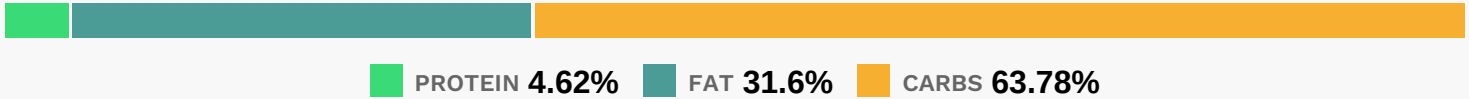
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of three 8-inch square pans or three 8-inch round cake pans with shortening; lightly flour.
- ☐ Mix flour, baking soda, baking powder, cinnamon, 1/2 teaspoon salt and the allspice; set aside. In large bowl, beat granulated sugar, mayonnaise and eggs with electric mixer on medium speed, scraping bowl occasionally, until blended. Beat in 1 tablespoon brandy. Gradually beat in flour mixture until batter is smooth. Stir in carrots, pineapple, pecans and dried cranberries.
- ☐ Pour into pans.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire rack. Cool completely, about 1 hour.

- ☐ In medium bowl, beat cream cheese, butter, 1/2 teaspoon brandy and 1/8 teaspoon salt on medium speed until smooth. Gradually beat in powdered sugar on low speed until smooth and spreadable. Fill layers and frost side and top of cake with frosting.
- ☐ Garnish with cranberries and orange peel. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.91, Glycemic Load:28.6, Inflammation Score:-10, Nutrition Score:11.299565014632%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 16.97g (26.11%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 74.61g (27.13%), Sugar: 58.95g (65.5%), Cholesterol: 66.54mg (22.18%), Sodium: 500.11mg (21.74%), Alcohol: 0.49g (100%), Alcohol %: 0.36% (100%), Protein: 5.59g (11.18%), Vitamin A: 4075.94IU (81.52%), Manganese: 0.44mg (22.13%), Selenium: 12.11µg (17.3%), Vitamin B1: 0.22mg (14.69%), Vitamin B2: 0.24mg (14.16%), Folate: 47.34µg (11.83%), Phosphorus: 108.96mg (10.9%), Calcium: 103.4mg (10.34%), Fiber: 2.47g (9.89%), Iron: 1.51mg (8.38%), Vitamin B3: 1.48mg (7.38%), Copper: 0.13mg (6.71%), Vitamin C: 4.68mg (5.67%), Potassium: 197.24mg (5.64%), Magnesium: 20.44mg (5.11%), Vitamin B5: 0.51mg (5.11%), Vitamin E: 0.75mg (5.03%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.7mg (4.67%), Vitamin K: 4.27µg (4.06%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.22µg (1.47%)