



Carrot Loaf Cake with Yogurt Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 medium carrots grated
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose plus more for pan
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.7 cup greek yogurt plain 2% divided reduced-fat ()

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup confectioner's sugar
- ☐ 1 cup sugar
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ Spray a 9- x 3- x 5-inch loaf pan with cooking spray and dust with flour. Set aside. In a medium bowl, whisk together flour, baking powder, baking soda, cinnamon, and salt. In a separate bowl, whisk together sugar, 1/3 cup yogurt, oil, eggs, and ginger. Stir dry mixture into yogurt mixture, then stir in carrots.
- ☐ Transfer to baking pan.
- ☐ Bake for 40 to 50 minutes, until a toothpick inserted in the center comes out clean.
- ☐ Transfer to a wire rack to cool 15 minutes in pan; remove from pan to cool completely. Stir together remaining 1/3 cup yogurt and confectioner's sugar. Just before serving, drizzle glaze over cake set on wire rack. Slice into 10 pieces.

Nutrition Facts



Properties

Glycemic Index:37.4, Glycemic Load:31.86, Inflammation Score:-8, Nutrition Score:8.1043478924295%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 263.85kcal (13.19%), Fat: 6.81g (10.48%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 45g (16.36%), Sugar: 26.08g (28.98%), Cholesterol: 37.87mg (12.62%), Sodium: 311.38mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 2092.96IU (41.86%), Selenium: 13.04µg (18.62%), Vitamin B1: 0.21mg (14.09%), Folate: 53.75µg (13.44%), Vitamin B2: 0.22mg (12.86%), Vitamin K: 11.77µg (11.21%), Manganese: 0.21mg (10.59%), Phosphorus: 86.93mg (8.69%), Iron: 1.49mg (8.3%), Vitamin B3: 1.64mg (8.18%), Calcium: 76.57mg (7.66%), Vitamin E: 0.65mg (4.34%), Fiber: 1.08g (4.32%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.18µg (3.04%), Potassium: 101.17mg (2.89%), Zinc: 0.41mg (2.73%), Copper: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.71%), Magnesium: 10.08mg (2.52%), Vitamin D: 0.2µg (1.33%)