



Carrot Pineapple Cake I



Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

15

CALORIES

calories

437 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup butter softened
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 2 cups carrots shredded
- ☐ 1 cup coconut or flaked
- ☐ 2 cups confectioners' sugar
- ☐ 8 ounce cream cheese

- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 1.8 cups sugar white

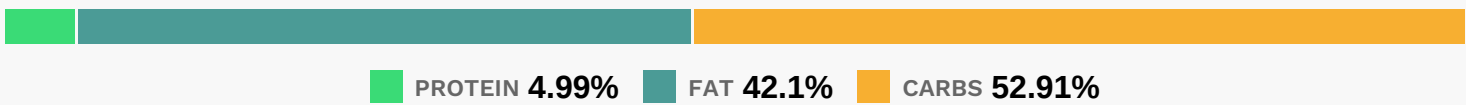
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Mix flour, baking soda, baking powder, salt and cinnamon. Make a well in the center and add sugar, oil, eggs and vanilla.
- ☐ Mix with wooden spoon until smooth. Stir in carrots, coconut, walnuts and pineapple.
- ☐ Pour into 9x13 inch pan.
- ☐ Bake at 350 degrees for about 45 minutes. Don't panic, the center will sink a little. Allow to cool.
- ☐ To make the frosting: Cream the butter and cream cheese until smooth.
- ☐ Add the confectioners sugar and beat until creamy.

Nutrition Facts



Properties

Glycemic Index:25.73, Glycemic Load:26.44, Inflammation Score:-9, Nutrition Score:10.838261018629%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 437.11kcal (21.86%), Fat: 21.05g (32.39%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 59.55g (19.85%), Net Carbohydrates: 56.83g (20.67%), Sugar: 43.21g (48.01%), Cholesterol: 56.14mg (18.71%), Sodium: 428.63mg (18.64%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.61g (11.23%), Vitamin A: 3206.19IU (64.12%), Manganese: 0.61mg (30.66%), Selenium: 11.44µg (16.35%), Vitamin B1: 0.19mg (12.99%), Folate: 48.28µg (12.07%), Vitamin B2: 0.2mg (11.58%), Copper: 0.23mg (11.5%), Fiber: 2.71g (10.85%), Phosphorus: 104.23mg (10.42%), Iron: 1.53mg (8.49%), Vitamin K: 8.67µg (8.26%), Magnesium: 28.17mg (7.04%), Vitamin B3: 1.34mg (6.71%), Vitamin B6: 0.13mg (6.26%), Calcium: 59.03mg (5.9%), Potassium: 191.79mg (5.48%), Vitamin E: 0.76mg (5.06%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.44mg (4.36%), Vitamin C: 2.62mg (3.18%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.18µg (1.17%)