



## Carrot Pineapple Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



463 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 cup butter
- 1 cup carrots grated
- 3 eggs
- 2.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 cup brown sugar light packed

- 1 cup pineapple crushed drained
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1 cup sugar white

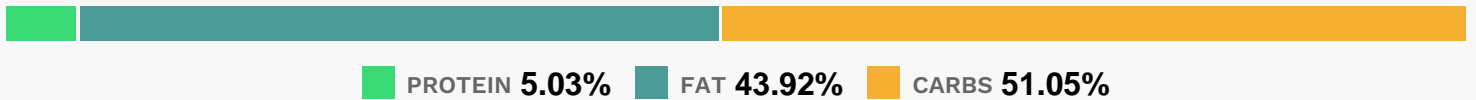
## Equipment

- bowl
- oven
- knife
- toothpicks

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 8 inch round cake pans.
- In a medium bowl, cream together the butter, white sugar and brown sugar. Stir in the eggs one at a time beating well after each. Sift together the flour, salt, cinnamon, baking soda and baking powder, stir into the creamed mixture. Finally stir in the vanilla, carrots, pineapple and walnuts. Divide batter evenly between the two pans. Don 't worry about filling them too full, as this cake does not rise very much.
- Bake for 60 to 75 minutes in the preheated oven. Test for doneness with a toothpick or knife.

## Nutrition Facts



## Properties

Glycemic Index:29.91, Glycemic Load:26.58, Inflammation Score:-9, Nutrition Score:10.536087036133%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 462.88kcal (23.14%), Fat: 23.1g (35.55%), Saturated Fat: 10.71g (66.95%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 58.33g (21.21%), Sugar: 38.2g (42.45%), Cholesterol: 81.59mg (27.2%), Sodium: 465.55mg (20.24%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 5.95g (11.91%), Vitamin A: 2326.89IU (46.54%), Manganese: 0.6mg (30.06%), Selenium: 13.29µg (18.99%), Vitamin B1: 0.27mg (18.02%), Folate: 66.16µg (16.54%), Vitamin B2: 0.21mg (12.6%), Copper: 0.24mg (11.89%), Iron: 1.98mg (11%), Phosphorus: 101.58mg (10.16%), Vitamin B3: 1.85mg (9.26%), Fiber: 2.09g (8.36%), Magnesium: 29.09mg (7.27%), Calcium: 69.28mg (6.93%), Vitamin B6: 0.12mg (6.04%), Potassium: 176.39mg (5.04%), Vitamin E: 0.72mg (4.8%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.41mg (4.14%), Vitamin K: 3.35µg (3.19%), Vitamin C: 2.62mg (3.18%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.22µg (1.47%)