



Carrot Pudding Ring

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1 cup butter softened
- ☐ 2 cups carrots grated
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon water

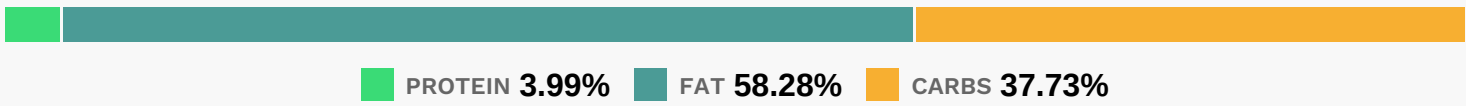
Equipment

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a tube pan or bundt pan.
- ☐ Cream together butter and brown sugar.
- ☐ Add egg and water; blend well.
- ☐ Mix together the flour, baking powder, baking soda, salt, nutmeg and cinnamon in a separate bowl; blend into the creamed butter mixture. Stir in the grated carrots and mix thoroughly.
- ☐ Pour evenly into prepared tube pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:56.47, Glycemic Load:18.82, Inflammation Score:-10, Nutrition Score:12.276087087134%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 484.3kcal (24.22%), Fat: 31.85g (49%), Saturated Fat: 19.78g (123.64%), Carbohydrates: 46.4g (15.47%),
Net Carbohydrates: 44.23g (16.08%), Sugar: 19.99g (22.21%), Cholesterol: 108.62mg (36.21%), Sodium: 644.62mg
(28.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin A: 8113.61IU (162.27%),
Selenium: 13.5µg (19.28%), Vitamin B1: 0.28mg (18.59%), Folate: 70.2µg (17.55%), Manganese: 0.32mg (16.12%),
Vitamin B2: 0.23mg (13.27%), Vitamin B3: 2.31mg (11.55%), Iron: 1.94mg (10.77%), Calcium: 88.47mg (8.85%),
Phosphorus: 88.08mg (8.81%), Fiber: 2.16g (8.65%), Vitamin E: 1.26mg (8.39%), Vitamin K: 8.45µg (8.05%),
Potassium: 215.03mg (6.14%), Vitamin B6: 0.09mg (4.71%), Vitamin B5: 0.43mg (4.32%), Copper: 0.08mg (4.04%),
Magnesium: 15.88mg (3.97%), Zinc: 0.46mg (3.08%), Vitamin C: 2.53mg (3.07%), Vitamin B12: 0.13µg (2.16%)