



Carrot Quick Bread with Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 2 tablespoons butter softened
- 1.5 cups carrots shredded finely
- 4 ounces cream cheese block-style softened
- 1 large eggs

- 0.8 cup flour all-purpose
- 0.5 cup golden raisins
- 2 teaspoons ground cinnamon
- 2 teaspoons juice of lemon fresh
- 0.3 cup powdered sugar
- 0.8 cup quick-cooking oats
- 0.3 teaspoon salt
- 0.5 cup soy flour
- 1 teaspoon vanilla extract
- 0.5 cup water
- 1 cup milk whole
- 0.5 cup flour whole wheat

Equipment

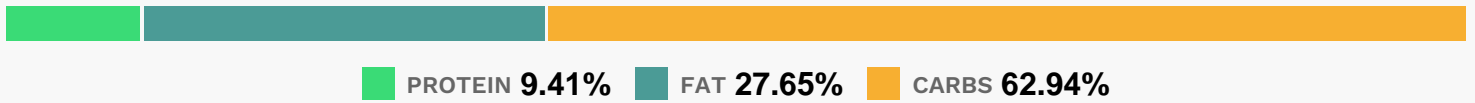
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 350
- To prepare bread, lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, oats, cinnamon, baking powder, baking soda, and salt.
- Place brown sugar and butter in a large bowl; beat with a mixer at medium speed until well blended.

- Add water and egg; beat well. Beat in milk and vanilla. Gradually add flour mixture, stirring just until blended. Fold in carrot and raisins. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- To prepare frosting, place cream cheese and powdered sugar in a bowl; beat with a mixer at medium speed until fluffy. Beat in lemon juice.
- Spread frosting over top of cooled bread.

Nutrition Facts



Properties

Glycemic Index:56.94, Glycemic Load:14.96, Inflammation Score:-10, Nutrition Score:16.678260906883%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 367.2kcal (18.36%), Fat: 11.66g (17.94%), Saturated Fat: 5.79g (36.2%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 55.92g (20.33%), Sugar: 34.22g (38.03%), Cholesterol: 48.75mg (16.25%), Sodium: 333.94mg (14.52%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 8.93g (17.86%), Vitamin A: 4381.06IU (87.62%), Manganese: 1.04mg (52.01%), Selenium: 15.85µg (22.65%), Phosphorus: 204.54mg (20.45%), Magnesium: 77.86mg (19.46%), Vitamin B2: 0.3mg (17.53%), Copper: 0.35mg (17.3%), Vitamin B1: 0.25mg (16.76%), Calcium: 157.5mg (15.75%), Folate: 60.96µg (15.24%), Fiber: 3.81g (15.24%), Potassium: 493.24mg (14.09%), Iron: 2.25mg (12.49%), Vitamin B3: 1.85mg (9.26%), Vitamin B6: 0.19mg (9.26%), Vitamin K: 9.61µg (9.16%), Zinc: 1.18mg (7.86%), Vitamin B5: 0.67mg (6.65%), Vitamin E: 0.72mg (4.78%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.46µg (3.07%), Vitamin C: 2.21mg (2.68%)