



Carrot-Raisin Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups carrots finely grated
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 cup raisins chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

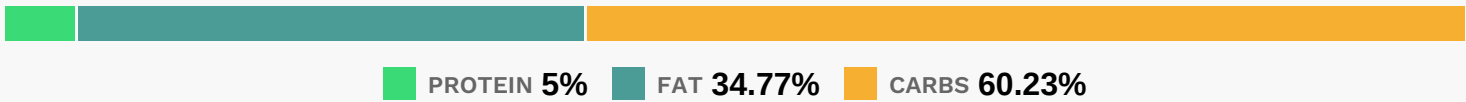
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat brown sugar and butter at medium speed with an electric mixer until creamy; add eggs and vanilla, beating well.
- ☐ Stir in flour, baking soda, and salt just until moistened; stir in raisins and carrot.
- ☐ Spread mixture into a lightly greased 13- x 9-inch pan.
- ☐ Sprinkle with pecans.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:9.4, Inflammation Score:-9, Nutrition Score:6.5626085944798%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.87kcal (11.94%), Fat: 9.45g (14.53%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 35.54g (12.92%), Sugar: 22.14g (24.6%), Cholesterol: 24.8mg (8.27%), Sodium: 211.51mg (9.2%),

Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.06g (6.12%), Vitamin A: 2445.81IU (48.92%), Manganese: 0.27mg (13.32%), Selenium: 6.78µg (9.69%), Vitamin B1: 0.13mg (8.58%), Folate: 32.7µg (8.18%), Vitamin B2: 0.12mg (6.9%), Iron: 1.13mg (6.28%), Copper: 0.12mg (5.79%), Fiber: 1.29g (5.14%), Phosphorus: 50.94mg (5.09%), Vitamin B3: 0.99mg (4.97%), Potassium: 153.46mg (4.38%), Magnesium: 14.94mg (3.73%), Vitamin B6: 0.07mg (3.71%), Calcium: 35.62mg (3.56%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.34mg (2.27%), Vitamin K: 1.85µg (1.76%), Vitamin C: 1.08mg (1.31%), Vitamin B12: 0.07µg (1.12%)