



WHATSheATE



Carrot Sheet Cake with Cream Cheese Frosting



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 9 tablespoons butter softened
- ☐ 2 cups carrots shredded finely
- ☐ 4 ounces weight cream cheese fat-free block-style
- ☐ 2 large egg whites

- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup buttermilk low-fat
- ☐ 2.8 cups powdered sugar divided
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vanilla extract

Equipment

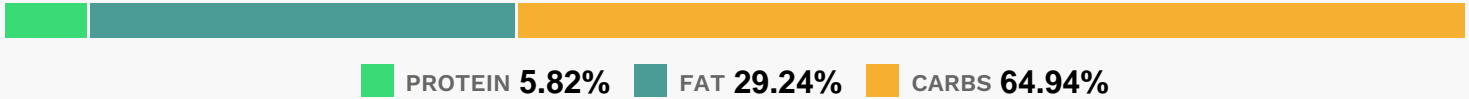
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 13 x 9-inch baking pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Place 9 tablespoons butter, brown sugar, and granulated sugar in a large bowl; beat with a mixer at medium speed 5 minutes or until well blended.

- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition until pale and fluffy. Beat in 2 teaspoons of vanilla extract.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, cinnamon, and 1/4 teaspoon salt, stirring with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Stir in carrot. Spoon batter into prepared pan. Sharply tap pan once on counter to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Carefully peel off wax paper; cool completely on wire rack.
- ☐ To prepare frosting, place the cream cheese, 1/4 cup butter, 2 teaspoons of vanilla, and 1/8 teaspoon salt in a large bowl; beat with a mixer at medium speed until smooth. Gradually add 2 cups powdered sugar, beating at low speed until smooth (do not overbeat). Stir in the remaining 3/4 cup powdered sugar. Cover and chill 30 minutes.
- ☐ Spread frosting over top of cake.
- ☐ Garnish with sprinkles. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:14.03, Inflammation Score:-9, Nutrition Score:7.3347826237264%

Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 312.12kcal (15.61%), Fat: 10.27g (15.8%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 50.4g (18.33%), Sugar: 37.9g (42.11%), Cholesterol: 49.11mg (16.37%), Sodium: 361.33mg (15.71%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.6g (9.2%), Vitamin A: 3001.56IU (60.03%), Selenium: 9.02µg (12.89%), Vitamin B2: 0.18mg (10.52%), Folate: 38.22µg (9.56%), Vitamin B1: 0.14mg (9.55%), Phosphorus: 85.77mg (8.58%), Manganese: 0.16mg (8.16%), Calcium: 61.31mg (6.13%), Vitamin B3: 1.13mg (5.65%), Iron: 1mg (5.55%), Potassium: 136.73mg (3.91%), Fiber: 0.94g (3.74%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.46mg

(3.04%), Vitamin K: 3.04µg (2.9%), Vitamin B12: 0.17µg (2.85%), Zinc: 0.4mg (2.68%), Magnesium: 10.55mg (2.64%),
Vitamin B6: 0.05mg (2.58%), Copper: 0.05mg (2.3%), Vitamin C: 1.06mg (1.29%)