



Carrot-Spice Cake with Caramel Frosting

READY IN



70 min.

SERVINGS



12

CALORIES



835 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.3 cup canola oil
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 1 cup carrots shredded
- 0.5 cup coconut flakes flaked
- 6 cups powdered sugar
- 8 ounces cream cheese softened
- 4 eggs
- 3.4 ounces vanilla pudding instant

- 1 tablespoons milk 2%
- 0.5 cup pecans chopped
- 8 ounces pineapple unsweetened crushed drained canned
- 0.3 cup raisins
- 0.5 cup cream sour
- 1 package spice cake mix (regular size)
- 0.8 cup water

Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, combine the cake mix, pudding mix, eggs, water, sour cream and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in the carrots, pineapple, coconut, pecans and raisins just until blended.
- Pour into two greased and floured 9-in. round baking pans.
- Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, in a large bowl, beat butter and cream cheese until fluffy.
- Add the confectioners' sugar, ice cream topping and enough milk to achieve desired consistency.
- Spread frosting between layers and over the top and sides of cake. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:11.940869507582%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg 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: 835.48kcal (41.77%), Fat: 41.38g (63.67%), Saturated Fat: 19.14g (119.64%), Carbohydrates: 114.36g (38.12%), Net Carbohydrates: 111.82g (40.66%), Sugar: 95.31g (105.9%), Cholesterol: 120.07mg (40.02%), Sodium: 583.18mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin A: 2670.46IU (53.41%), Manganese: 0.58mg (28.98%), Phosphorus: 190.64mg (19.06%), Vitamin B2: 0.28mg (16.25%), Iron: 2.75mg (15.28%), Vitamin B1: 0.22mg (14.79%), Selenium: 9.09µg (12.99%), Vitamin E: 1.85mg (12.35%), Copper: 0.25mg (12.34%), Fiber: 2.54g (10.17%), Calcium: 100.31mg (10.03%), Potassium: 339.74mg (9.71%), Vitamin K: 9.71µg (9.24%), Folate: 36.34µg (9.09%), Magnesium: 28.31mg (7.08%), Vitamin B3: 1.41mg (7.06%), Vitamin B5: 0.6mg (6.04%), Vitamin B6: 0.11mg (5.64%), Zinc: 0.83mg (5.53%), Vitamin B12: 0.25µg (4.13%), Vitamin C: 2.89mg (3.51%), Vitamin D: 0.29µg (1.96%)