



Carrot Walnut Loaf Cake



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup canola oil
- ☐ 2 cups carrots finely grated
- ☐ 2 teaspoons cinnamon
- ☐ 3 large eggs
- ☐ 10 ounces flour all-purpose
- ☐ 1 teaspoon ground ginger

- ☐ 1 teaspoon kosher salt
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ wooden spoon

Directions

- ☐ Position a rack in the center of the oven and preheat the oven to 350°F. Spray two 9- by 5- inch loaf pans with nonstick spray and dust with flour. Line the bottoms of the pans with parchment.
- ☐ Sift the flour, cinnamon, ginger, salt, baking soda, and baking powder in a medium bowl.
- ☐ Whisk the eggs in a large bowl.
- ☐ Add the canola oil, sugar, and vanilla and whisk vigorously until well combined.
- ☐ Whisk in the carrots.
- ☐ Add the flour mixture to the egg mixture and stir with a wooden spoon until just combined. Stir in the walnuts.
- ☐ Divide the batter between the prepared pans and bake until a toothpick inserted in the center of the loaves comes out clean, 50 to 60 minutes. Cool the cakes in the pans on a rack for 20 minutes, then turn them out and let them cool completely.

Nutrition Facts



Properties

Glycemic Index:51.49, Glycemic Load:68.53, Inflammation Score:-10, Nutrition Score:20.704347807428%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg 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: 648.21kcal (32.41%), Fat: 23.33g (35.9%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 102.05g (34.02%), Net Carbohydrates: 97.87g (35.59%), Sugar: 61.08g (67.86%), Cholesterol: 93mg (31%), Sodium: 672.39mg (29.23%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 11.45g (22.9%), Vitamin A: 7268.86IU (145.38%), Manganese: 1.29mg (64.42%), Selenium: 25.25µg (36.07%), Vitamin B1: 0.48mg (31.73%), Folate: 125.52µg (31.38%), Vitamin B2: 0.41mg (24.37%), Copper: 0.42mg (21.2%), Iron: 3.52mg (19.54%), Phosphorus: 191.26mg (19.13%), Vitamin B3: 3.49mg (17.45%), Fiber: 4.18g (16.71%), Vitamin E: 2.03mg (13.54%), Magnesium: 50.62mg (12.65%), Vitamin B6: 0.23mg (11.51%), Vitamin K: 11.91µg (11.34%), Zinc: 1.39mg (9.27%), Potassium: 317.16mg (9.06%), Vitamin B5: 0.82mg (8.22%), Calcium: 81.82mg (8.18%), Vitamin B12: 0.22µg (3.71%), Vitamin C: 2.8mg (3.39%), Vitamin D: 0.5µg (3.33%)