

Casserole Carrot Cake

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



528 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 8 ounces pineapple crushed drained well canned
- 0.5 cup canola oil
- 1.5 cups carrots grated finely chopped (4 medium)
- 16 ounces cream cheese frosting canned
- 2 eggs
- 1 cup flour all-purpose

- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.8 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup sugar

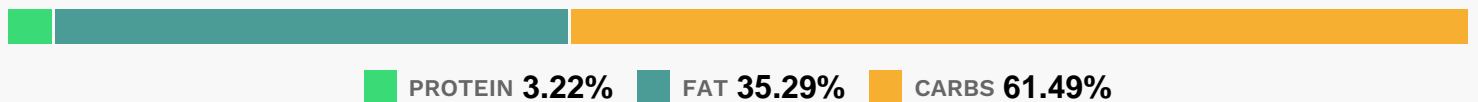
Equipment

- bowl
- wire rack
- casserole dish
- microwave

Directions

- In a large bowl, combine the first eight ingredients. Gradually beat in oil.
- Add eggs, one at a time, beating well after each. Stir in the carrots, pineapple and pecans.
- Transfer to a greased 8-in. round microwave-safe casserole dish.
- Microwave, uncovered, at 70% power for 9–11 minutes, or until a moist area about 1–1/2 in. in diameter remains in the center (when touched, cake will cling to your finger while area underneath will be almost dry).
- Cool completely on a wire rack. Invert onto a serving plate. Frost cake. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:37.37, Glycemic Load:27.02, Inflammation Score:-10, Nutrition Score:11.621739226839%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 527.79kcal (26.39%), Fat: 21.35g (32.84%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 83.68g (27.89%), Net Carbohydrates: 81.04g (29.47%), Sugar: 66.66g (74.06%), Cholesterol: 40.92mg (13.64%), Sodium: 476.68mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin A: 4089.78IU (81.8%), Manganese: 0.73mg (36.28%), Vitamin B1: 0.24mg (15.96%), Selenium: 9.68µg (13.84%), Fiber: 2.64g (10.56%), Folate: 42.03µg (10.51%), Copper: 0.21mg (10.45%), Vitamin B2: 0.17mg (9.95%), Phosphorus: 90.37mg (9.04%), Iron: 1.53mg (8.52%), Vitamin B3: 1.38mg (6.92%), Magnesium: 26.01mg (6.5%), Calcium: 63.13mg (6.31%), Vitamin E: 0.93mg (6.23%), Potassium: 209.03mg (5.97%), Vitamin K: 5.99µg (5.7%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.1mg (5.13%), Vitamin C: 4.21mg (5.1%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)