



Cheater's Carrot Cake

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 1 cup carrots shredded
- ☐ 12 ounce cream cheese frosting
- ☐ 2 large eggs lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 ounce pecans
- ☐ 0.3 cup salad dressing
- ☐ 8.3 ounce duncan hines classic decadent cake mix yellow

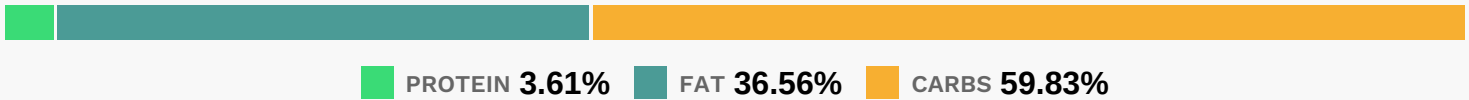
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Combine lightly beaten eggs and next 6 ingredients in a large bowl, stirring until blended.
- ☐ Pour batter into a greased and floured 9-inch square baking pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- ☐ Spread frosting over top of cake.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:9.19608690946%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 398.6kcal (19.93%), Fat: 16.6g (25.54%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 59.15g (21.51%), Sugar: 45.87g (50.96%), Cholesterol: 46.5mg (15.5%), Sodium: 420.39mg

(18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin A: 2762.87IU (55.26%), Manganese: 0.45mg (22.67%), Phosphorus: 145.5mg (14.55%), Vitamin B1: 0.16mg (10.72%), Vitamin B2: 0.15mg (8.93%), Calcium: 88.52mg (8.85%), Vitamin K: 9.01µg (8.58%), Copper: 0.16mg (8.19%), Folate: 31.79µg (7.95%), Fiber: 1.98g (7.92%), Selenium: 5.53µg (7.9%), Iron: 1.25mg (6.93%), Vitamin E: 0.83mg (5.54%), Vitamin B6: 0.11mg (5.43%), Magnesium: 20.66mg (5.17%), Vitamin B3: 1.03mg (5.14%), Potassium: 170.59mg (4.87%), Vitamin C: 3.74mg (4.53%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.25µg (1.67%)