



Cinnamon Raisin Carrot Cake

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



281 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 cups carrots shredded
- 4 eggs
- 2 cups flour all-purpose
- 1 cup golden raisins
- 3 teaspoons ground cinnamon to taste
- 0.5 teaspoon salt

- 2 cups granular sucralose sweetener splenda® (such as)
- 1 cup vegetable oil
- 1 cup walnuts raw chopped

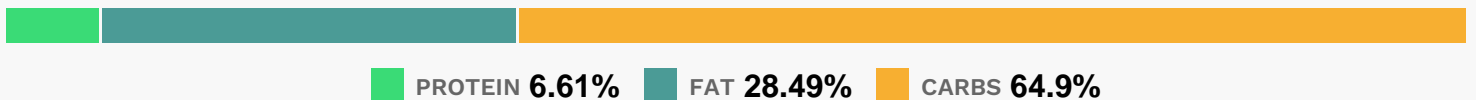
Equipment

- bowl
- oven
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Beat sucralose sweetener and eggs in a large bowl with an electric mixer until creamy; add oil and continue beating until well mixed. Beat flour, raisins, walnuts, and salt into egg mixture until thick. Beat in carrots. The batter will be thick. Stir in baking powder and baking soda into batter until evenly mixed.
- Pour batter into a 9x13-inch baking dish.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:26.29, Inflammation Score:-9, Nutrition Score:9.690434632094%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 281.21kcal (14.06%), Fat: 9.36g (14.4%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 45.93g (16.7%), Sugar: 28.24g (31.38%), Cholesterol: 43.65mg (14.55%), Sodium: 237.14mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin A: 2917.26IU (58.35%), Manganese: 0.51mg (25.38%), Selenium: 9.73µg (13.9%), Folate: 47.22µg (11.8%), Vitamin B1: 0.17mg (11.62%), Vitamin B2: 0.18mg (10.36%), Copper: 0.2mg (10.04%), Phosphorus: 97.25mg (9.73%), Iron: 1.52mg (8.46%), Fiber: 2.05g (8.2%), Vitamin K: 8.36µg (7.96%), Vitamin B3: 1.36mg (6.82%), Calcium: 62.86mg (6.29%), Vitamin B6: 0.12mg (6.23%), Magnesium: 23.22mg (5.8%), Potassium: 198.06mg (5.66%), Zinc: 0.59mg (3.92%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.36mg (3.59%), Vitamin C: 1.43mg (1.74%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%)