

Classic Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



591 kcal

DESSERT

Ingredients

- ☐ 1 cup apples cored peeled coarsely chopped
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon cinnamon
- ☐ 8 oz cream cheese softened
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup oil

- ☐ 4.5 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped

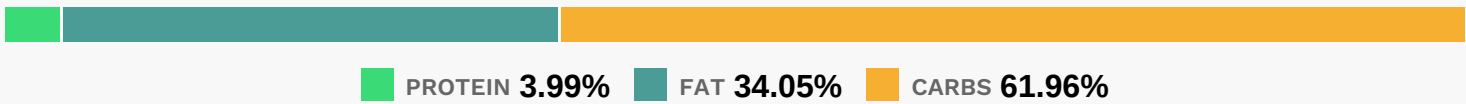
Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Blend eggs, sugar and oil together; set aside.
- ☐ Combine flour, baking soda, salt and cinnamon; mix into egg mixture. Stir in carrots, apple and walnuts; pour into 2 greased and floured 9" round baking pans.
- ☐ Bake at 350 degrees for 30 to 35 minutes or until a toothpick inserted in the center removes clean; cool on wire racks for 10 minutes.
- ☐ Remove from pans; cool completely. Prepare Cream Cheese Frosting: Blend cream cheese, butter and vanilla together until fluffy; gradually mix in powdered sugar until smooth. Arrange one layer of cake on a serving plate; frost with cream cheese frosting.
- ☐ Add second layer; frost top and sides.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:32.6, Inflammation Score:-4, Nutrition Score:7.2391304736552%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg

0.78mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 590.75kcal (29.54%), Fat: 22.8g (35.07%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 93.34g (31.11%), Net Carbohydrates: 92.11g (33.49%), Sugar: 75.24g (83.6%), Cholesterol: 93.98mg (31.33%), Sodium: 519.07mg (22.57%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 6.02g (12.04%), Selenium: 13.98µg (19.97%), Manganese: 0.35mg (17.62%), Vitamin B2: 0.24mg (14.2%), Folate: 52.1µg (13.03%), Vitamin B1: 0.19mg (12.85%), Vitamin A: 576.48IU (11.53%), Phosphorus: 92.19mg (9.22%), Vitamin E: 1.26mg (8.39%), Iron: 1.46mg (8.1%), Vitamin B3: 1.33mg (6.66%), Copper: 0.13mg (6.53%), Fiber: 1.23g (4.91%), Vitamin B5: 0.47mg (4.69%), Magnesium: 16.64mg (4.16%), Vitamin K: 4.24µg (4.04%), Zinc: 0.6mg (4.03%), Calcium: 39.95mg (3.99%), Vitamin B6: 0.08mg (3.79%), Vitamin B12: 0.19µg (3.14%), Potassium: 105.62mg (3.02%), Vitamin D: 0.29µg (1.96%)