



Coconut Carrot Cake

READY IN



135 min.

SERVINGS



12

CALORIES



569 kcal

DESSERT

Ingredients

- 1.5 cups granulated sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups flour whole wheat white
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 3 cups carrots shredded (5 medium)

- 8 oz pineapple rings crushed drained canned ()
- 1 cup walnut pieces chopped finely chopped finely
- 0.5 cup coconut or
- 8 oz cream cheese softened
- 0.3 cup butter softened
- 2 teaspoons milk
- 4 cups powdered sugar

Equipment

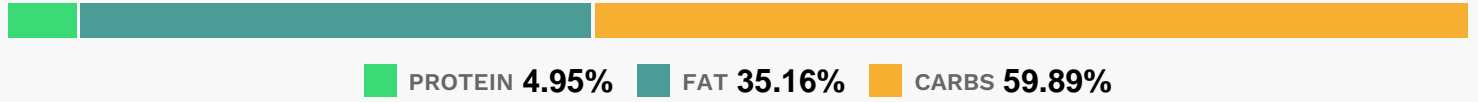
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan or 2 (8- or 9-inch) round cake pans with shortening; lightly flour.
- In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended.
- Add flour, cinnamon, baking soda, vanilla and salt; beat on medium speed 1 minute. Stir in carrots, pineapple, nuts and coconut (batter will be thick).
- Pour into pan(s).
- Bake 13x9-inch pan 40 to 45 minutes, round pans 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool rectangle in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- Meanwhile, make Cream Cheese Frosting. In medium bowl, beat cream cheese, butter and milk with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable.

Frost 13x9-inch cake or fill and frost round layers with frosting. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:18.93, Inflammation Score:-10, Nutrition Score:11.5265217864%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 568.76kcal (28.44%), Fat: 23g (35.39%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 88.18g (29.39%), Net Carbohydrates: 83.91g (30.51%), Sugar: 69.58g (77.32%), Cholesterol: 60.11mg (20.04%), Sodium: 332.22mg (14.44%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.28g (14.57%), Vitamin A: 5842.04IU (116.84%), Manganese: 0.5mg (24.78%), Fiber: 4.27g (17.09%), Vitamin K: 11.84µg (11.28%), Copper: 0.22mg (11.07%), Phosphorus: 94.19mg (9.42%), Selenium: 6.34µg (9.06%), Vitamin B2: 0.15mg (8.66%), Vitamin B6: 0.14mg (7.17%), Potassium: 249.31mg (7.12%), Iron: 1.26mg (7.01%), Vitamin E: 1.02mg (6.81%), Calcium: 67.96mg (6.8%), Magnesium: 26.65mg (6.66%), Folate: 24.38µg (6.1%), Vitamin B1: 0.09mg (5.71%), Vitamin C: 3.92mg (4.76%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.44mg (4.38%), Vitamin B3: 0.53mg (2.64%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.23µg (1.53%)