



Coconut carrot slices

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g pack butter unsalted
- ☐ 300 g muscovado sugar light
- ☐ 1 tsp vanilla extract
- ☐ 3 large eggs
- ☐ 200 g self-raising flour
- ☐ 50 g desiccated coconut
- ☐ 200 g carrots grated
- ☐ 2 tsp spice mixed

- ☐ 85 g desiccated coconut
- ☐ 25 g muscovado sugar light
- ☐ 25 g butter melted

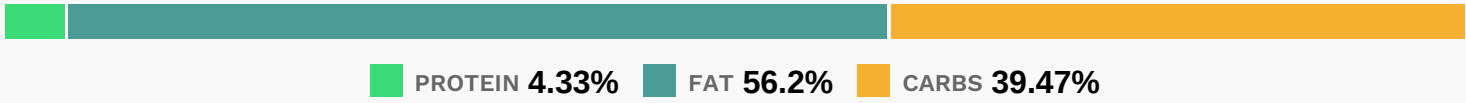
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Butter and line a traybake or small roasting tin, about 20 x 30cm.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Gently melt the butter in a large saucepan, cool for 5 mins, add the sugar, vanilla and eggs, then beat until smooth with a wooden spoon. Stir in the flour, coconut and tsp salt. Stir the carrot and mixed spice into the mix.
- ☐ Bake for 30 mins.
- ☐ Meanwhile, evenly mix 85g more coconut with 25g light muscovado sugar and 25g melted butter. Smooth this over the cake, then bake for 10 mins more until golden and a skewer inserted comes out clean. Cool, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:6.69, Inflammation Score:-9, Nutrition Score:7.2295653353567%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 342.8kcal (17.14%), Fat: 21.92g (33.72%), Saturated Fat: 14.93g (93.34%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 32.43g (11.79%), Sugar: 22.46g (24.95%), Cholesterol: 76.62mg (25.54%), Sodium: 45.78mg (1.99%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 3.8g (7.6%), Vitamin A: 2740.58IU (54.81%), Manganese: 0.43mg (21.6%), Selenium: 10.51µg (15.01%), Fiber: 2.2g (8.8%), Copper: 0.12mg (6.17%), Phosphorus: 61.54mg (6.15%), Vitamin E: 0.72mg (4.78%), Iron: 0.84mg (4.69%), Vitamin B2: 0.08mg (4.55%), Potassium: 154.07mg (4.4%), Magnesium: 16.95mg (4.24%), Vitamin B6: 0.08mg (3.9%), Calcium: 38.57mg (3.86%), Vitamin B5: 0.37mg (3.69%), Folate: 13.27µg (3.32%), Zinc: 0.48mg (3.23%), Vitamin K: 3.22µg (3.06%), Vitamin D: 0.45µg (3%), Vitamin B1: 0.03mg (2.01%), Vitamin B12: 0.12µg (2%), Vitamin B3: 0.36mg (1.82%), Vitamin C: 0.98mg (1.19%)