



## Dairy-Free Carrot Cake With Lemon Glaze



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



786 kcal

DESSERT

### Ingredients

- ☐ 0.1 tsp allspice
- ☐ 0.8 tsp double-acting baking powder
- ☐ 0.8 tsp baking soda
- ☐ 1 tsp cinnamon
- ☐ 4 cups confectioners sugar
- ☐ 0.8 cups brown sugar dark
- ☐ 4 eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 1 lb in a food processor grated peeled
- ☐ 0.5 tsp ginger
- ☐ 0.8 cups granulated sugar
- ☐ 0.3 cup juice of lemon freshly squeezed to taste ( or less )
- ☐ 0.3 tsp nutmeg
- ☐ 1 cup raisins dark (can be half and half golden)
- ☐ 1.5 cups salad oil such as crisco [read label for soy-free] neutral
- ☐ 1 tsp vanilla extract pure
- ☐ 1 cup walnuts chopped

## Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

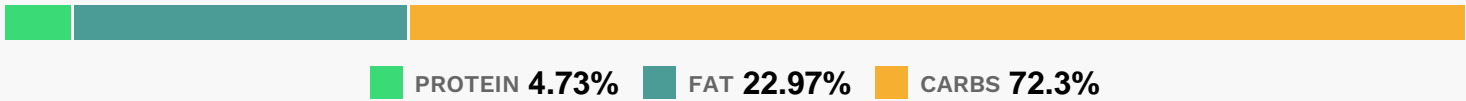
## Directions

- ☐ Coat two, 8-inch round cake pans with nonstick spray. Line them with parchment paper and coat paper with nonstick spray.Preheat oven to 350°.Sift the flour, baking powder, baking soda and spices; set aside.In the bowl of an electric mixer, beat the eggs, both sugars and vanilla using the whisk attachment. Beat at medium speed for 3 minutes.Lower the speed and slowly add the oil, beating continuously. The egg mixture will become thicker as the oil is added. Continue to beat for another 5 minutes.On the lowest speed, add the flour mixture in fourths.
- ☐ Mix well, then by hand, fold in the carrots, raisins and walnuts.
- ☐ Place in the prepared pans and bake 15 minutes. Rotate the pans and bake for 5 more minutes, or until cakes have risen and are golden-brown, firm to the touch, and a cake tester comes out clean from the center.Cool the cakes on a wire rack. Turn them out onto a plate or cake circle; coat the center of one cake with lemon glaze.Top with the second cake layer, and

allow the remaining glaze to coat the top and run down the sides.

- ☐
- Mix the juice with the sugar and stir well to combine smoothly. If the glaze seems too runny, add a bit more sugar.

## Nutrition Facts



### Properties

Glycemic Index:52.61, Glycemic Load:42.63, Inflammation Score:-4, Nutrition Score:13.584782548573%

### Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 785.92kcal (39.3%), Fat: 20.62g (31.72%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 146.03g (48.68%), Net Carbohydrates: 142.55g (51.84%), Sugar: 98.25g (109.17%), Cholesterol: 81.84mg (27.28%), Sodium: 208.46mg (9.06%), Alcohol: 0.18g (100%), Alcohol %: 0.08% (100%), Protein: 9.56g (19.12%), Manganese: 0.9mg (44.93%), Selenium: 21.56µg (30.81%), Vitamin B1: 0.39mg (25.86%), Folate: 98.53µg (24.63%), Vitamin B2: 0.37mg (21.49%), Copper: 0.38mg (18.92%), Iron: 3.37mg (18.73%), Phosphorus: 161.29mg (16.13%), Fiber: 3.49g (13.95%), Vitamin B3: 2.73mg (13.64%), Vitamin E: 1.85mg (12.31%), Magnesium: 42.69mg (10.67%), Potassium: 326.38mg (9.33%), Vitamin B6: 0.18mg (9.01%), Calcium: 84.95mg (8.49%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.64mg (6.39%), Vitamin K: 6.67µg (6.35%), Vitamin C: 4.15mg (5.03%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 123.37IU (2.47%)