



## Easy Carrot Cake with Cream Cheese Frosting

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



1041 kcal

DESSERT

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1.5 pounds carrots with a metal grating attachment in a food processor ( 5 cups) grated peeled
- 16 ounce cream cheese at room temperature (1 pound)
- 4 large eggs
- 2.5 cups flour all-purpose
- 1.3 cups granulated sugar
- 0.3 teaspoon ground allspice

- 1 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 0.5 teaspoon nutmeg freshly ground
- 2 cups powdered sugar sifted
- 0.5 teaspoon salt fine
- 0.5 cup yogurt plain
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 3 ounces walnut halves

## Equipment

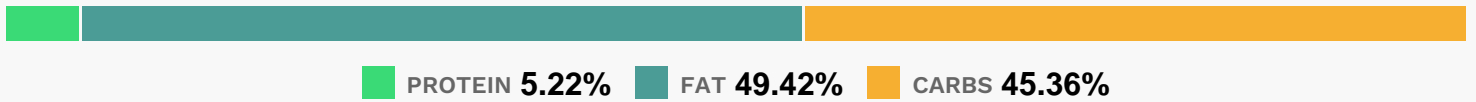
- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- plastic wrap
- toothpicks
- stand mixer
- spatula
- glass baking pan

## Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place the flour, baking powder, baking soda, cinnamon, nutmeg, allspice, and salt in a large bowl and whisk to aerate and break up any lumps; set aside.

- Place the eggs, sugars, oil, and yogurt in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined. Using a rubber spatula, fold in the flour mixture until just combined. Stir in the carrots until evenly mixed.
- Pour the batter into a 13-by-9-inch glass baking dish (no need to coat with butter), smoothing it into the corners with the rubber spatula.
- Bake, rotating the dish after 20 minutes, until a toothpick or cake tester inserted in the center comes out dry with just a few crumbs, about 40 to 50 minutes total.
- Transfer to a wire rack to cool completely before frosting, at least 2 hours. Meanwhile, toast the nuts.
- Place the nuts on a baking sheet and bake until lightly browned and fragrant, about 10 minutes.
- Place the butter and cream cheese in the bowl of a stand mixer fitted with a paddle attachment and beat on medium-high speed until light, fluffy, and fully incorporated, about 3 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
- Add the powdered sugar and vanilla. Turn the mixer to low and mix until the sugar is incorporated, about 30 seconds. Stop the mixer and scrape down the sides of the bowl and the paddle again. Turn the mixer to medium-high speed and mix until the frosting is creamy and fluffy, about 3 minutes.
- Spread all of the frosting in an even layer over the cooled cake and evenly sprinkle the toasted nuts over the frosting. If you don't plan to eat the cake within 4 hours, cover it with plastic wrap and refrigerate for up to 3 days. Before serving, let the cake sit at room temperature for about 45 minutes to take the chill off.

## Nutrition Facts



### Properties

Glycemic Index: 54.99, Glycemic Load: 48.86, Inflammation Score: -10, Nutrition Score: 22.057391415472%

### Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin:

0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 1041.35kcal (52.07%), Fat: 58.42g (89.88%), Saturated Fat: 28.67g (179.21%), Carbohydrates: 120.63g (40.21%), Net Carbohydrates: 116.3g (42.29%), Sugar: 83.42g (92.69%), Cholesterol: 212.99mg (71%), Sodium: 636.68mg (27.68%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 13.89g (27.78%), Vitamin A: 15829.14IU (316.58%), Manganese: 0.83mg (41.4%), Selenium: 27.58µg (39.4%), Vitamin B2: 0.55mg (32.17%), Folate: 117.1µg (29.28%), Vitamin B1: 0.43mg (28.57%), Phosphorus: 255mg (25.5%), Vitamin K: 25µg (23.81%), Calcium: 190.71mg (19.07%), Iron: 3.12mg (17.35%), Fiber: 4.32g (17.29%), Vitamin B3: 3.38mg (16.9%), Vitamin E: 2.53mg (16.84%), Copper: 0.31mg (15.58%), Potassium: 523.31mg (14.95%), Vitamin B6: 0.28mg (13.91%), Vitamin B5: 1.28mg (12.8%), Magnesium: 48.04mg (12.01%), Zinc: 1.55mg (10.31%), Vitamin B12: 0.45µg (7.53%), Vitamin C: 5.27mg (6.39%), Vitamin D: 0.94µg (6.26%)