



Easy Gluten-Free Carrot Cake

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



240 kcal

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 0.7 cup water
- 0.5 cup butter softened
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 2 teaspoons vanilla extract pure
- 3 eggs
- 1 cup carrots shredded finely (2 medium)

- 0.3 cup pecans finely chopped
- 4 oz cream cheese gluten-free softened (half of 8-oz package)
- 2 tablespoons butter
- 0.5 teaspoon vanilla extract pure
- 2 cups powdered sugar gluten-free
- 1 teaspoons milk
- 0.3 cup coconut or

Equipment

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

Directions

- Heat oven to 350°F. Grease bottom only of 8- or 9-inch square pan with shortening, or spray with cooking spray.
- In large bowl, beat cake mix, water, 1/2 cup butter, cinnamon, nutmeg, 2 teaspoons vanilla and eggs on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. With spoon, stir in carrots and pecans.
- Spread in pan.
- Bake 36 to 41 minutes for 8-inch pan or 33 to 38 minutes for 9-inch pan or until toothpick comes out clean. Cool completely, about 1 hour.
- In large bowl, beat cream cheese, 2 tablespoons butter, 1/2 teaspoon vanilla and 1 teaspoon milk with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time. Stir in coconut.
- Spread frosting over cake.

Nutrition Facts



■ PROTEIN 4.01% ■ FAT 59.35% ■ CARBS 36.64%

Properties

Glycemic Index:25.57, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:4.7152173337729%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 240.19kcal (12.01%), Fat: 16.11g (24.78%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 21.65g (7.87%), Sugar: 20.8g (23.11%), Cholesterol: 75.87mg (25.29%), Sodium: 130.11mg (5.66%), Alcohol: 0.29g (100%), Alcohol %: 0.31% (100%), Protein: 2.45g (4.9%), Vitamin A: 2265.19IU (45.3%), Manganese: 0.17mg (8.25%), Selenium: 4.7µg (6.72%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 47.24mg (4.72%), Vitamin E: 0.58mg (3.86%), Vitamin B5: 0.29mg (2.91%), Fiber: 0.72g (2.88%), Copper: 0.05mg (2.69%), Calcium: 25.61mg (2.56%), Vitamin K: 2.57µg (2.45%), Zinc: 0.35mg (2.37%), Potassium: 82.62mg (2.36%), Vitamin B12: 0.14µg (2.35%), Folate: 9.37µg (2.34%), Vitamin B6: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.05%), Iron: 0.36mg (1.98%), Magnesium: 7.38mg (1.84%), Vitamin D: 0.22µg (1.5%)