



Fabulous Carrot Cake

 Vegetarian

READY IN



55 min.

SERVINGS



20

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1.5 cups butter divided
- ☐ 4 cups dole carrots shredded
- ☐ 8 ounce cream cheese softened
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 20 ounce dole® pineapple crushed drained well canned
- ☐ 1.5 cups powdered sugar
- ☐ 1 cup dole raisins seedless
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Beat 1 cup butter and sugars until light and fluffy in large bowl. Beat in eggs. Beat in crushed pineapple, carrots, raisins and vanilla.
- ☐ Stir together flour, baking soda, cinnamon, ginger and salt in medium bowl. Gradually add to pineapple mixture and beat until well blended.
- ☐ Pour into 2 9-inch greased and floured cake pans.
- ☐ Bake at 350 degrees F 40 minutes or until toothpick inserted comes out clean. Cool in pans 15 minutes.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Beat cream cheese with remaining 1/2 cup butter until smooth. Beat in powdered sugar, lemon peel and juice until smooth.
- ☐ Spread frosting over cakes.
- ☐ Garnish with additional crushed pineapple and grated carrots, if desired.

Nutrition Facts



Properties

Glycemic Index:16.64, Glycemic Load:21.38, Inflammation Score:-10, Nutrition Score:10.809130445771%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 408.81kcal (20.44%), Fat: 18.9g (29.08%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 55.4g (20.15%), Sugar: 35.31g (39.23%), Cholesterol: 80.79mg (26.93%), Sodium: 348.95mg (15.17%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 4.48g (8.97%), Vitamin A: 4916.6IU (98.33%), Selenium: 10.69µg (15.28%), Vitamin B1: 0.21mg (13.9%), Manganese: 0.25mg (12.36%), Vitamin B2: 0.2mg (11.95%), Folate: 46.77µg (11.69%), Fiber: 2.16g (8.66%), Iron: 1.5mg (8.35%), Vitamin B3: 1.57mg (7.85%), Phosphorus: 71.04mg (7.1%), Potassium: 246.44mg (7.04%), Vitamin C: 4.99mg (6.05%), Copper: 0.11mg (5.35%), Vitamin B6: 0.11mg (5.31%), Vitamin E: 0.77mg (5.16%), Vitamin K: 5.12µg (4.88%), Calcium: 48.53mg (4.85%), Magnesium: 17.42mg (4.35%), Vitamin B5: 0.39mg (3.9%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.18µg (1.17%)