



## Fall Classic: Carrot Cake

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



401 kcal

DESSERT

### Ingredients

- 2 tsp double-acting baking powder
- 2 tsp baking soda
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 1 cup canola oil
- 3 cups carrots finely grated (approx. 1 lb/454g)
- 2 tsp cinnamon

- 4 eggs
- 1 cup granulated sugar
- 4 cups powdered sugar
- 1 cup cream cheese low fat softened
- 1 tsp salt
- 1 tsp vanilla extract
- 2 cups flour whole wheat white

## Equipment

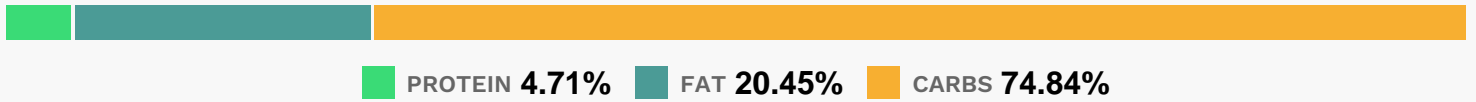
- bowl
- oven
- wire rack
- toothpicks

## Directions

- Preheat oven to 350F (180C) and grease two 9 (23cm) cake pans. Beat oil and sugars together in a large bowl until combined.
- Add eggs, one at a time, beating well after each addition. Next, combine flour, cinnamon, baking soda, baking powder and salt in a separate large bowl.
- Add flour mixture to egg mixture.
- Mix, just until combined. Fold in carrots. Divide batter evenly in prepared pans.
- Bake in preheated oven 25 to 30 minutes or until a toothpick inserted in centre of cake comes out clean. Cool in pans on wire cooling rack for 20 minutes.
- Remove from pans and cool completely on wire cooling rack. For icing, cream butter and cream cheese in a medium bowl.
- Add icing sugar, one cup at a time. Beat well after each addition.
- Add vanilla. Continue beating until fluffy.
- Add 1 tbsp milk at a time to thin out icing if necessary.
- Place one cake on serving dish.
- Spread with icing. Top with remaining cake layer.

Spread top with remaining icing.

## Nutrition Facts



### Properties

Glycemic Index:16.5, Glycemic Load:9.64, Inflammation Score:-10, Nutrition Score:7.7317391304348%

### Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Taste

Sweetness: 100%, Saltiness: 16.14%, Sourness: 6.98%, Bitterness: 9.45%, Savoriness: 4%, Fattiness: 31.58%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 400.92kcal (20.05%), Fat: 9.37g (14.42%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 77.18g (25.73%), Net Carbohydrates: 74.83g (27.21%), Sugar: 63.91g (71.02%), Cholesterol: 56.65mg (18.88%), Sodium: 479.01mg (20.83%), Protein: 4.85g (9.71%), Vitamin A: 4241.23IU (84.82%), Calcium: 101.84mg (10.18%), Fiber: 2.35g (9.38%), Phosphorus: 67.48mg (6.75%), Selenium: 4.55µg (6.5%), Vitamin B2: 0.1mg (5.98%), Vitamin E: 0.89mg (5.96%), Manganese: 0.11mg (5.59%), Vitamin K: 5.71µg (5.44%), Potassium: 176.6mg (5.05%), Iron: 0.9mg (5.02%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.39mg (3.93%), Vitamin B6: 0.07mg (3.39%), Folate: 12.91µg (3.23%), Zinc: 0.31mg (2.04%), Magnesium: 7.71mg (1.93%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.77%), Vitamin D: 0.27µg (1.77%), Vitamin C: 1.43mg (1.73%), Vitamin B3: 0.29mg (1.46%)