



## Andy Ricker's 'Carrot Cake

 Vegetarian  Dairy Free

READY IN



360 min.

SERVINGS



2

CALORIES



956 kcal

### Ingredients

- 0.5 cup bean sprouts
- 1 tablespoon cilantro leaves
- 2 pounds daikon radish dry grated peeled
- 2 extra large eggs beaten
- 2 cloves garlic thinly sliced
- 0.3 cup spring onion chopped
- 1 teaspoon pepper white
- 1 tablespoon soy sauce dark sweet ( soy sauce from Malaysia)
- 2 teaspoons kosher salt

- 1 tablespoon soy sauce light
- 3 dashes pepper white
- 7 ounce radishes
- 2 cups rice flour
- 2 tablespoons vegetable oil
- 3.5 cups water
- 0.5 small onion white thinly sliced lengthwise

## Equipment

- frying pan

## Directions

- For the radish cake, fry the daikon in the vegetable oil for 5 minutes in a sauté pan.
- Add 1 cup of water, bring to boil, and cook for 15 minutes until soft.
- Drain.
- Mix the rice flour, white pepper, salt, and remaining 2 1/2 cups water together to make a slurry.
- Add daikon to slurry, mix well, turn into oiled square aluminum pan, and steam over high heat for 10 to 15 minutes or until set. Cool in refrigerator uncovered. When completely cooled, cut the radish cake into 1-inch squares. Divide into six 7-ounce portions. Freeze unused portions of the radish cake.
- For the stir-fry,
- Heat the oil in a nonstick skillet. Fry the radish cake until golden brown.
- Add garlic and onion and fry for 1 minute.
- Add the bean sprouts and continue cooking.
- Add the eggs and cook until set.
- Add the Kecap Manis, soy sauce, green onions, and white pepper.
- Mix, turn onto a medium plate, and sprinkle with the torn cilantro.

## Nutrition Facts



■ PROTEIN 9.48% ■ FAT 20.71% ■ CARBS 69.81%

## Properties

Glycemic Index:134, Glycemic Load:89.67, Inflammation Score:-9, Nutrition Score:39.291738862577%

## Flavonoids

Pelargonidin: 62.64mg, Pelargonidin: 62.64mg, Pelargonidin: 62.64mg, Pelargonidin: 62.64mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

## Nutrients (% of daily need)

Calories: 955.54kcal (47.78%), Fat: 21.92g (33.72%), Saturated Fat: 4.66g (29.09%), Carbohydrates: 166.27g (55.42%), Net Carbohydrates: 151.69g (55.16%), Sugar: 22.48g (24.97%), Cholesterol: 208.32mg (69.44%), Sodium: 3229.38mg (140.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.17%), Vitamin C: 123.07mg (149.17%), Manganese: 2.48mg (123.87%), Selenium: 46.02µg (65.75%), Vitamin K: 63.03µg (60.02%), Vitamin B6: 1.18mg (59.07%), Fiber: 14.57g (58.28%), Folate: 213.8µg (53.45%), Copper: 0.99mg (49.59%), Potassium: 1592.97mg (45.51%), Phosphorus: 436.38mg (43.64%), Magnesium: 165.78mg (41.44%), Vitamin B5: 3.14mg (31.41%), Vitamin B3: 6.01mg (30.05%), Vitamin B2: 0.49mg (28.61%), Iron: 4.8mg (26.66%), Vitamin B1: 0.39mg (26.31%), Calcium: 238.89mg (23.89%), Zinc: 3.3mg (21.97%), Vitamin E: 1.98mg (13.21%), Vitamin A: 453.55IU (9.07%), Vitamin B12: 0.5µg (8.31%), Vitamin D: 1.12µg (7.47%)