



Fourteen K Carrot Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 9 ounce carrot baby food
- ☐ 0.5 cup coconut or flaked
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup pineapple crushed drained

- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

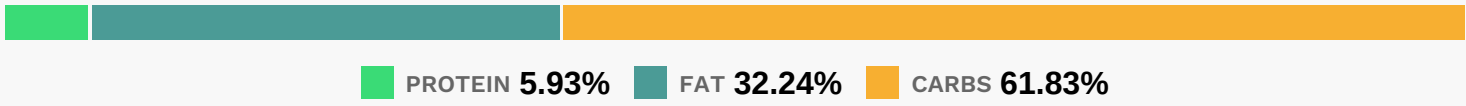
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch cake pan.
- ☐ Mix together the flour, baking powder, baking soda, salt, ground cinnamon. Stir in the white sugar.
- ☐ Add the oil and the eggs and mix well. Stir in the carrots, pineapple, chopped nuts, and the coconut.
- ☐ Pour batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:28.55, Inflammation Score:-9, Nutrition Score:8.9252173485963%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 275.51kcal (13.78%), Fat: 10.15g (15.61%), Saturated Fat: 2.93g (18.28%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 41.89g (15.23%), Sugar: 28.95g (32.16%), Cholesterol: 43.65mg (14.55%), Sodium: 428.75mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin A: 2910.51IU (58.21%), Manganese: 0.4mg (20.02%), Selenium: 10.19µg (14.55%), Vitamin B1: 0.17mg (11.32%), Folate: 43.73µg (10.93%), Vitamin K: 10.6µg (10.1%), Vitamin B2: 0.16mg (9.49%), Phosphorus: 78.92mg (7.89%), Fiber: 1.89g (7.58%), Iron: 1.36mg (7.54%), Copper: 0.14mg (6.81%), Vitamin B3: 1.25mg (6.23%), Calcium: 54.93mg (5.49%), Magnesium: 17.32mg (4.33%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.09mg (4.33%), Potassium: 132.66mg (3.79%), Vitamin B5: 0.35mg (3.45%), Zinc: 0.5mg (3.35%), Vitamin C: 1.85mg (2.24%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%)