



Fragrant and Healthy Carrot Cake

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.8 cup cake flour
- 2 cups carrots grated
- 5 figs dried chopped
- 2 eggs
- 1 tablespoon ground cinnamon

- 1 orange juice juiced
- 1.5 teaspoons lemon zest grated
- 1.5 tablespoons blackstrap molasses
- 0.3 cup pecans chopped
- 2 tablespoons poppy seeds
- 0.5 cup raisins
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.8 cup flour whole wheat

Equipment

- bowl
- frying pan
- oven
- knife
- kugelhopf pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch Bundt pan.
- In a large bowl, stir together the whole wheat flour, cake flour, brown sugar, cinnamon, carob, baking powder, baking soda and salt. Make a well in the center and pour in the molasses, oil, eggs and orange juice.
- Mix until the dry ingredients are moistened, then stir in the orange zest, lemon zest, raisins, figs, poppy seeds, carrots and pecans until evenly distributed.
- Pour into the prepared pan.
- Bake for 1 hour and 10 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool for 30 minutes before removing from the pan.

Nutrition Facts



Properties

Glycemic Index:51.45, Glycemic Load:12.98, Inflammation Score:-10, Nutrition Score:15.849130428356%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 313.66kcal (15.68%), Fat: 11.93g (18.35%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 44.39g (16.14%), Sugar: 21.04g (23.38%), Cholesterol: 40.92mg (13.64%), Sodium: 382.36mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin A: 5427.11IU (108.54%), Manganese: 1.2mg (59.77%), Selenium: 16.41µg (23.44%), Fiber: 4.84g (19.36%), Vitamin K: 18.25µg (17.38%), Phosphorus: 138.29mg (13.83%), Magnesium: 53.48mg (13.37%), Calcium: 127.6mg (12.76%), Copper: 0.24mg (12.04%), Potassium: 402.12mg (11.49%), Vitamin B1: 0.16mg (10.41%), Iron: 1.87mg (10.41%), Vitamin B6: 0.18mg (9.2%), Vitamin C: 6.77mg (8.2%), Vitamin E: 1.14mg (7.62%), Vitamin B2: 0.12mg (7.34%), Zinc: 1.03mg (6.87%), Folate: 25.88µg (6.47%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.5mg (5.05%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)