



Ginger Carrot Cake

READY IN



115 min.

SERVINGS



9

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup vegetable oil
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 teaspoons vanilla
- ☐ 2 eggs
- ☐ 1.5 cups carrots shredded grated finely (3 medium)
- ☐ 3 ounces cream cheese softened
- ☐ 0.3 cup butter softened
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of square pan, 8x8x2 or 9x9x2 inches, with shortening. Toss 1 tablespoon flour and the ginger to coat; set aside. In large bowl, beat all remaining Carrot Cake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 3 minutes. Stir in carrots and ginger-flour mixture.
- ☐ Pour into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool completely on wire rack, about 1 hour.
- ☐ Meanwhile, in medium bowl, beat cream cheese and butter on medium speed until smooth. Gradually stir in powdered sugar and 1 teaspoon vanilla until smooth and spreadable.
- ☐ Spread Cream Cheese Frosting on cake. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 4.09%**  **FAT 30.59%**  **CARBS 65.32%**

Properties

Glycemic Index:40.99, Glycemic Load:22.52, Inflammation Score:-10, Nutrition Score:8.8260870860971%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 385.11kcal (19.26%), Fat: 13.2g (20.31%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 63.41g (21.14%), Net Carbohydrates: 62.07g (22.57%), Sugar: 47.31g (52.56%), Cholesterol: 45.92mg (15.31%), Sodium: 370.36mg (16.1%), Alcohol: 0.46g (100%), Alcohol %: 0.44% (100%), Protein: 3.97g (7.94%), Vitamin A: 3970.58IU (79.41%), Selenium: 10.28µg (14.69%), Manganese: 0.24mg (12.14%), Vitamin B1: 0.16mg (10.94%), Folate: 42.93µg (10.73%), Vitamin B2: 0.18mg (10.63%), Vitamin K: 9.92µg (9.45%), Vitamin B3: 1.31mg (6.57%), Iron: 1.16mg (6.42%), Phosphorus: 58.52mg (5.85%), Vitamin E: 0.84mg (5.59%), Fiber: 1.34g (5.34%), Vitamin B5: 0.35mg (3.49%), Potassium: 121.33mg (3.47%), Calcium: 31.52mg (3.15%), Vitamin B6: 0.06mg (3.05%), Copper: 0.05mg (2.54%), Zinc: 0.37mg (2.45%), Magnesium: 9.31mg (2.33%), Vitamin B12: 0.11µg (1.9%), Vitamin C: 1.29mg (1.56%), Vitamin D: 0.2µg (1.3%)