



Gluten-Free Carrot Cake

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup carrots shredded finely (2 medium)
- ☐ 0.3 cup coconut or
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoons milk

- ☐ 0.3 cup pecans finely chopped
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon vanilla gluten-free
- ☐ 0.7 cup water
- ☐ 15 oz betty crocker's cake mix gluten free yellow betty crocker®

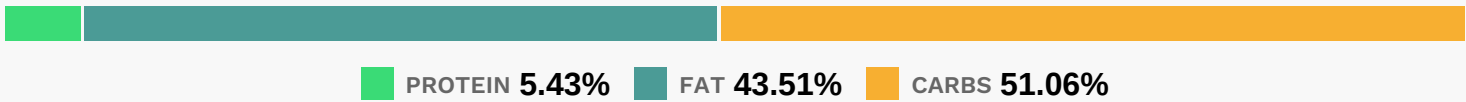
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8- or 9-inch square pan with shortening, or spray with cooking spray.
- ☐ In large bowl, beat cake mix, water, 1/2 cup butter, cinnamon, nutmeg, 2 teaspoons vanilla and eggs on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. With spoon, stir in carrots and pecans.
- ☐ Spread in pan.
- ☐ Bake 36 to 41 minutes for 8-inch pan or 33 to 38 minutes for 9-inch pan or until toothpick comes out clean. Cool completely, about 1 hour.
- ☐ In large bowl, beat cream cheese, 2 tablespoons butter, 1/2 teaspoon vanilla and 1 teaspoon milk with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time. Stir in coconut.
- ☐ Spread frosting over cake.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:4.345652261506%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.45kcal (8.52%), Fat: 8.44g (12.98%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.56g (7.84%), Sugar: 20.71g (23.01%), Cholesterol: 55.53mg (18.51%), Sodium: 69.23mg (3.01%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 2.37g (4.74%), Vitamin A: 2028.83IU (40.58%), Manganese: 0.16mg (8.18%), Selenium: 4.61µg (6.58%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 44.93mg (4.49%), Fiber: 0.72g (2.88%), Vitamin B5: 0.28mg (2.81%), Copper: 0.05mg (2.66%), Vitamin E: 0.36mg (2.39%), Calcium: 23.27mg (2.33%), Zinc: 0.35mg (2.3%), Folate: 9.09µg (2.27%), Potassium: 79.37mg (2.27%), Vitamin B6: 0.04mg (2.25%), Vitamin B12: 0.12µg (2.08%), Vitamin B1: 0.03mg (2.02%), Iron: 0.35mg (1.97%), Vitamin K: 1.91µg (1.82%), Magnesium: 7.11mg (1.78%), Vitamin D: 0.22µg (1.5%)