



Gluten-Free Carrot Cake

READY IN



150 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

Ingredients

- 1 cup granulated sugar
- 2 eggs
- 0.7 cup vegetable oil
- 1 teaspoon vanilla extract pure
- 1 cup cake flour gluten free all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon xanthan gum
- 0.5 teaspoon baking soda
- 0.5 teaspoon double-acting baking powder gluten-free

- 0.3 teaspoon salt
- 2 cups carrots shredded
- 0.5 cup pecans chopped
- 0.3 cup butter softened
- 6 oz cream cheese gluten-free softened
- 0.8 teaspoon vanilla extract pure
- 2 cups powdered sugar gluten-free
- 1 tablespoons milk

Equipment

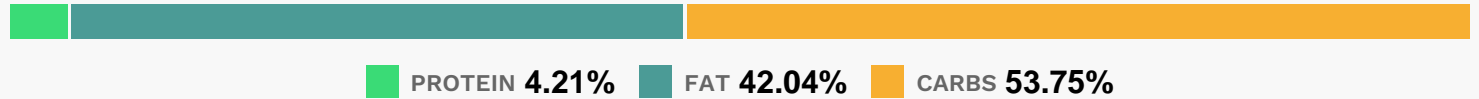
- bowl
- frying pan
- baking paper
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Lightly grease bottom only of 8- or 9-inch round cake pan.
- Place cooking parchment paper round in bottom of pan; grease parchment paper.
- In large bowl, beat granulated sugar and eggs with electric mixer on medium speed until light in color and fluffy.
- Add oil and 1 teaspoon vanilla, and beat until smooth.
- In medium bowl, mix flour blend, cinnamon, xanthan gum, baking soda, baking powder and salt. Beat into egg mixture, 1/2 cup at a time, on low speed until blended. Stir in carrots and nuts.
- Pour batter into pan.

- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- Meanwhile, in medium bowl, beat softened butter, cream cheese and 3/4 teaspoon vanilla with electric mixer on medium speed until creamy. Slowly beat in powdered sugar. On low speed, beat in enough milk until desired spreading consistency.
- Place cake on serving plate; frost side and top with frosting.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:17.51, Inflammation Score:-9, Nutrition Score:7.9626086742982%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg 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: 349.77kcal (17.49%), Fat: 16.7g (25.69%), Saturated Fat: 7.04g (44%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 46.57g (16.93%), Sugar: 38.12g (42.35%), Cholesterol: 55.3mg (18.43%), Sodium: 226.83mg (9.86%), Alcohol: 0.2g (100%), Alcohol %: 0.22% (100%), Protein: 3.76g (7.52%), Vitamin A: 3956.76IU (79.14%), Manganese: 0.35mg (17.66%), Selenium: 8.11µg (11.59%), Vitamin K: 8.28µg (7.88%), Phosphorus: 66.74mg (6.67%), Vitamin B2: 0.1mg (6.01%), Fiber: 1.47g (5.87%), Vitamin E: 0.79mg (5.29%), Copper: 0.09mg (4.73%), Calcium: 44.61mg (4.46%), Vitamin B1: 0.06mg (3.98%), Potassium: 132.28mg (3.78%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.35mg (3.49%), Folate: 13.41µg (3.35%), Magnesium: 13.31mg (3.33%), Vitamin B6: 0.06mg (3.23%), Iron: 0.47mg (2.62%), Vitamin B3: 0.39mg (1.97%), Vitamin B12: 0.11µg (1.9%), Vitamin C: 1.32mg (1.59%), Vitamin D: 0.16µg (1.07%)