



Gluten-Free Carrot Cake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1301 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 teaspoons baking soda
- 2 cups carrots grated peeled (two large carrots)
- 2 teaspoons cinnamon
- 0.5 cup cream cheese at room temperature
- 4 large eggs at room temperature
- 15 ounces flour blend gluten free
- 2 cups granulated sugar

- 2 tablespoons lemon zest
- 0.5 teaspoon nutmeg
- 3 cups powdered sugar sifted
- 1 teaspoon salt
- 0.5 cup butter unsalted at room temperature
- 1 cup coconut shredded unsweetened
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil
- 1 cup walnut pieces finely chopped
- 1.5 teaspoons xanthan gum

Equipment

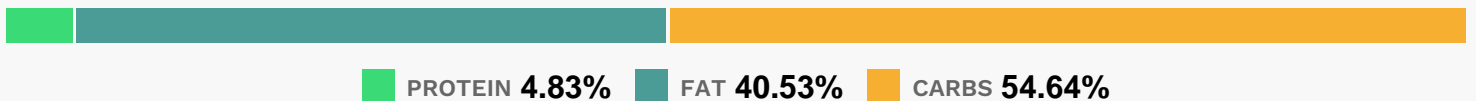
- bowl
- frying pan
- oven
- knife
- whisk
- mixing bowl
- wire rack
- hand mixer
- toothpicks
- stand mixer
- spatula
- offset spatula

Directions

- For the cake: Adjust oven rack to center position and preheat oven to 350°F. Generously butter two 8-inch round cake pans and set aside.

- Combine gluten-free flour mix, xanthan gum, baking powder, baking soda, salt, cinnamon, and nutmeg in a medium mixing bowl.
- Whisk until thoroughly combined. Set aside.
- Add sugar, oil, and eggs to the bowl of a stand mixer fitted with the whisk attachment, or add to a large bowl and use a handheld electric mixer. Beat until smooth, about one minute.
- Add vanilla and beat for another minute. Slowly add the flour mixture and beat at medium-low speed for 1 minute. Fold in carrots, walnuts, and coconut with a spatula.
- Pour batter into prepared pans.
- Bake until a toothpick inserted in the middle comes out clean, about 50 minutes.
- Transfer pans to a cooling rack and allow to cool for 10 minutes. Use a small knife to cut around pan sides to loosen cake. Invert cake layers onto rack, peel off paper and allow to cool completely.
- For cream cheese frosting: Beat butter and cream cheese in stand mixer fitted with the whisk attachment, or in a large bowl with an electric mixer until light and fluffy.
- Add powdered sugar and beat at low speed until well blended. Beat in vanilla, lemon zest and juice until smooth.
- Place one cooled cake on a platter.
- Spread a thick layer of frosting onto the top of the cake, covering the entire surface evenly, then set the other cake on top. Use an offset spatula to spread more icing around the top and sides of the cake. If you like, pipe small rosettes of icing around the cake's edges for a decorative touch. (See here for a photo slideshow on how to frost a cake.)

Nutrition Facts



Properties

Glycemic Index:55.15, Glycemic Load:49, Inflammation Score:-10, Nutrition Score:21.857826004858%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg 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: 1300.56kcal (65.03%), Fat: 61.15g (94.08%), Saturated Fat: 26.37g (164.8%), Carbohydrates: 185.51g (61.84%), Net Carbohydrates: 172.93g (62.88%), Sugar: 132.09g (146.76%), Cholesterol: 183.78mg (61.26%), Sodium: 1132.56mg (49.24%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 16.4g (32.79%), Vitamin A: 8041.71IU (160.83%), Manganese: 1.29mg (64.67%), Fiber: 12.59g (50.35%), Vitamin K: 28.28µg (26.93%), Phosphorus: 251.99mg (25.2%), Copper: 0.5mg (24.94%), Calcium: 249.22mg (24.92%), Iron: 4.46mg (24.77%), Selenium: 16.72µg (23.89%), Vitamin B2: 0.3mg (17.56%), Vitamin E: 2.35mg (15.67%), Magnesium: 57.6mg (14.4%), Vitamin B6: 0.28mg (14.14%), Folate: 46.97µg (11.74%), Potassium: 395.27mg (11.29%), Zinc: 1.59mg (10.62%), Vitamin B5: 1mg (10%), Vitamin B1: 0.12mg (8.31%), Vitamin C: 5.61mg (6.8%), Vitamin D: 0.95µg (6.34%), Vitamin B12: 0.37µg (6.17%), Vitamin B3: 0.8mg (4.02%)