



Gluten-Free Carrot Cake with Dairy-Free Cream Cheese Frosting



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



663 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 3 extra decorations i added: goji berries
- ☐ 10 servings carrots grated
- ☐ 3 cups carrots shredded
- ☐ 1.5 tablespoons cinnamon
- ☐ 0.3 cup coconut or shredded

- ☐ 2 cups coconut sugar
- ☐ 0.7 cup dairy-free margarine
- ☐ 0.3 cup so delicious dairy free coconut milk beverage
- ☐ 4 egg replacers
- ☐ 2 cups baking flour gluten-free
- ☐ 1 cup honey roasted almonds
- ☐ 10 servings herb for decoration
- ☐ 0.3 cup nuts mixed
- ☐ 1 cup oil (leave out if you prefer it to be more like a snack energy bar)
- ☐ 1.2 cup powdered sugar sifted
- ☐ 1 Handful raisins
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 container vegan cream cheese
- ☐ 0.3 cup walnuts chopped
- ☐ 0.7 cup walnuts chopped

Equipment

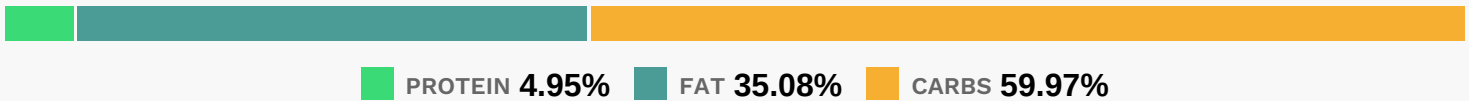
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F. Grease pans and place a circle of parchment paper on the bottom of the pan. Cream sugar and eggs in a large mixing bowl.

- ☐ Add oil and vanilla. Beat until smooth.In a separate bowl combine the flour, cinnamon, baking soda, baking powder and salt.
- ☐ Add to the sugar and eggs.
- ☐ Combine well.
- ☐ Add in milk. Stir in carrots, nuts, and raisins.
- ☐ Pour into pans.
- ☐ Bake for 45 minutes or until toothpick comes out clean.
- ☐ Remove cake layers and let cool completely on wire racks.
- ☐ Combine margarine and cream cheese, begin whipping on medium.
- ☐ Add the sugar gradually.
- ☐ Add vanilla and whip until icing is smooth and creamy.Once the cake is completely cool, frost and top as desired.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:34.8, Inflammation Score:-10, Nutrition Score:18.631739377975%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 662.86kcal (33.14%), Fat: 27.31g (42.01%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 105.03g (35.01%), Net Carbohydrates: 97.01g (35.28%), Sugar: 69.22g (76.91%), Cholesterol: 65.47mg (21.82%), Sodium: 799.35mg (34.75%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 8.66g (17.33%), Vitamin A: 17824.12IU (356.48%), Manganese: 0.94mg (46.89%), Vitamin E: 5mg (33.33%), Fiber: 8.02g (32.08%), Vitamin K: 32.06µg (30.53%), Copper: 0.34mg (17%), Calcium: 160.35mg (16.03%), Iron: 2.84mg (15.79%), Phosphorus: 154.98mg (15.5%), Potassium: 508.98mg (14.54%), Vitamin B6: 0.28mg (14.21%), Vitamin B2: 0.2mg (12.06%), Magnesium: 48.07mg (12.02%), Folate: 46.28µg (11.57%), Selenium: 6.83µg (9.76%), Vitamin B1: 0.13mg (8.75%), Vitamin C: 7.1mg

(8.6%), Vitamin B3: 1.71mg (8.55%), Zinc: 1.15mg (7.7%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.22µg (3.67%),
Vitamin D: 0.42µg (2.82%)