



Grandma Hiers' Carrot Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



1177 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 8 servings butter for pans
- 3 cups carrots grated
- 16 ounce cream cheese room temperature
- 4 eggs
- 2 cups flour all-purpose plus more for pans
- 2 teaspoons ground cinnamon
- 0.5 cup pecans chopped

- 1.5 cups pecans chopped
- 16 ounce powdered sugar
- 1 teaspoon salt
- 1 stick butter salted room temperature
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil

Equipment

- bowl
- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F. Grease and flour 3 (9-inch) round pans; Line bottom of the pans with parchment paper.
- In a large bowl, combine flour, sugar, baking soda, cinnamon, and salt.
- Add eggs and vegetable oil. Using a hand mixer, blend until combined.
- Add carrots and pecans, if using.
- Pour into pans.
- Bake for approximately 40 minutes.
- Remove from oven and cool for 5 minutes.
- Remove from pans, place on waxed paper and allow to cool completely before frosting.
- Add all ingredients, except nuts, into a medium bowl and beat until fluffy using a hand mixer. Stir in the nuts.
- Spread frosting on top of each cake layer. Stack the cakes on a serving plate and serve.

Nutrition Facts



■ PROTEIN 4.17% ■ FAT 48.74% ■ CARBS 47.09%

Properties

Glycemic Index:42.99, Glycemic Load:54.66, Inflammation Score:-10, Nutrition Score:22.586086687834%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1176.76kcal (58.84%), Fat: 65.49g (100.75%), Saturated Fat: 24.97g (156.05%), Carbohydrates: 142.38g (47.46%), Net Carbohydrates: 137.32g (49.93%), Sugar: 111.09g (123.44%), Cholesterol: 180.22mg (60.07%), Sodium: 932.01mg (40.52%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 12.62g (25.23%), Vitamin A: 9393.82IU (187.88%), Manganese: 1.61mg (80.7%), Selenium: 24.16µg (34.51%), Vitamin B1: 0.48mg (31.99%), Vitamin B2: 0.48mg (28%), Vitamin K: 25.17µg (23.97%), Phosphorus: 235.2mg (23.52%), Folate: 88.35µg (22.09%), Copper: 0.43mg (21.47%), Fiber: 5.07g (20.28%), Vitamin E: 2.56mg (17.06%), Iron: 2.84mg (15.78%), Zinc: 2.17mg (14.49%), Vitamin B3: 2.72mg (13.6%), Magnesium: 54.1mg (13.53%), Vitamin B5: 1.19mg (11.87%), Potassium: 413.64mg (11.82%), Calcium: 117.82mg (11.78%), Vitamin B6: 0.21mg (10.39%), Vitamin B12: 0.35µg (5.88%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.44µg (2.93%)