



Grandma's Best Dairy-Free Carrot Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 6 cups carrots grated
- ☐ 4 eggs for egg-free suggestions (see notes in the post)
- ☐ 3 cups flour gluten-free all-purpose (see notes above on my recipe)
- ☐ 1 cup grapeseed oil
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup brown sugar light

- ☐ 1 cup pineapple crushed drained
- ☐ 1 cup raisins coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1.5 cups sugar white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Combine the grated carrots and brown sugar in a medium bowl and set aside for an hour. After the two have had some good mingling time, stir in the raisins. Preheat your oven to 350°F, and grease and flour two 10-inch cake pans, three 8-inch cake pans, or two 8-inch cake pans + 8 cupcake tins. In a medium bowl, combine the flour, baking soda, salt, cinnamon, and nutmeg, and briefly set aside. In a large mixing bowl, beat the eggs, and gradually beat in the white sugar, oil and vanilla. Stir in the pineapple. Stir the flour mix into the wet mixture, being careful not to over mix. Gently fold in the carrot mixture and nuts.
- ☐ Pour the batter evenly into your prepared pans.
- ☐ Bake as follows: 10-inch pans – 40-50 minutes, 8-inch pans – 30-35 minutes, Cupcakes – 20-22 minutes, or for all, until the cakes are springy to the touch and a toothpick inserted into the center comes out clean.
- ☐ Place the pans on a wire rack to cool for 10-20 minutes before removing them from the pan. Once the cake is completely cool, then you can frost it or drizzle with icing.

Nutrition Facts



 PROTEIN **6.12%**  FAT **23.68%**  CARBS **70.2%**

Properties

Glycemic Index:16.24, Glycemic Load:14.85, Inflammation Score:-10, Nutrition Score:9.835217429244%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 7.68g (11.81%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 47.07g (17.12%), Sugar: 30.03g (33.37%), Cholesterol: 32.74mg (10.91%), Sodium: 270.28mg (11.75%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 4.47g (8.93%), Vitamin A: 6470.7IU (129.41%), Manganese: 0.34mg (17.03%), Fiber: 4.13g (16.52%), Copper: 0.16mg (7.99%), Iron: 1.43mg (7.93%), Potassium: 252.49mg (7.21%), Vitamin E: 1.02mg (6.83%), Vitamin B6: 0.13mg (6.36%), Phosphorus: 58.24mg (5.82%), Vitamin B2: 0.09mg (5.31%), Calcium: 51.84mg (5.18%), Vitamin K: 5.43µg (5.17%), Magnesium: 20.26mg (5.07%), Selenium: 3.35µg (4.79%), Vitamin C: 3.86mg (4.68%), Vitamin B1: 0.07mg (4.63%), Folate: 18.18µg (4.54%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.42mg (2.83%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)