



## Half-the-Fat Carrot Cake with Cream Cheese Frosting

READY IN



45 min.

SERVINGS



20

CALORIES



338 kcal

DESSERT

### Ingredients

- 0.8 cup apple sauce
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 1 pound carrots shredded
- 1 teaspoon coconut extract
- 8 ounce block chilled
- 8 ounce block cream cheese fat-free chilled

- 0.8 cup brown sugar dark packed
- 2 large egg whites
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup golden raisins
- 0.8 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 4 cups powdered sugar sifted
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract

## Equipment

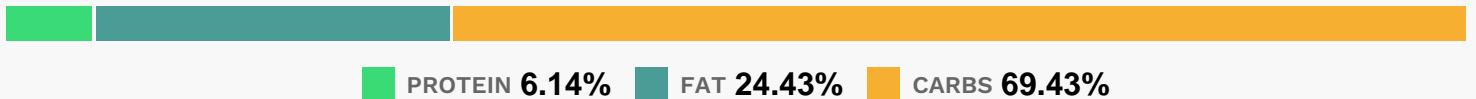
- bowl
- oven
- knife
- whisk
- wire rack
- sieve
- blender
- baking pan
- measuring cup
- colander

## Directions

- Preheat oven to 35
- To prepare the cake, spoon the applesauce into a fine sieve over a bowl; let stand 15 minutes. Discard liquid. Scrape drained applesauce into a bowl; cover and refrigerate.

- Combine carrot and granulated sugar in a colander.
- Drain 20 minutes.
- Beat the brown sugar and butter with a mixer at medium speed until well-blended (about 2 minutes).
- Add applesauce, 1 teaspoon vanilla, and coconut extract; beat until well-blended (about 2 minutes).
- Add eggs and egg whites, 1 at a time, beating well after each addition (batter will have a slightly curdled look).
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour and next 5 ingredients (flour through salt); stir well with a whisk.
- Add brown sugar mixture to flour mixture, stirring just until moist. Fold in carrot mixture and raisins (batter will be very thick). Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center of cake comes out clean. Cool completely on a wire rack.
- To prepare the frosting, beat the powdered sugar, 2 teaspoons vanilla extract, and cheeses with a mixer at low speed just until well-blended (do not overbeat).
- Spread the frosting over the cake; cover and chill 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:24.63, Glycemic Load:16.24, Inflammation Score:-10, Nutrition Score:9.059999919456%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 338.31kcal (16.92%), Fat: 9.36g (14.4%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 58.47g (21.26%), Sugar: 46.43g (51.59%), Cholesterol: 43.62mg (14.54%), Sodium: 310.38mg (13.49%), Alcohol: 0.29g (100%), Alcohol %: 0.28% (100%), Protein: 5.29g (10.59%), Vitamin A: 4118.83IU (82.38%), Phosphorus: 122.71mg (12.27%), Selenium: 8.41µg (12.02%), Vitamin B2: 0.19mg (11.4%), Calcium: 100.13mg (10.01%), Folate: 35.44µg (8.86%), Vitamin B1: 0.13mg (8.39%), Manganese: 0.17mg (8.3%), Potassium: 220.27mg (6.29%), Iron: 1.05mg (5.84%), Fiber: 1.4g (5.6%), Vitamin B3: 1.11mg (5.56%), Vitamin B6: 0.09mg (4.37%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 4.02µg (3.83%), Copper: 0.07mg (3.75%), Magnesium: 13.95mg (3.49%), Zinc: 0.47mg (3.16%), Vitamin B12: 0.19µg (3.16%), Vitamin E: 0.47mg (3.1%), Vitamin C: 1.66mg (2.02%)