



Healthified Carrot Cake

READY IN



130 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 cup canola oil
- 2 cups carrots shredded (4 medium)
- 0.5 cup eggs fat-free
- 0.5 teaspoons skim milk fat-free (skim)
- 1 cup flour all-purpose gold medal®
- 1.3 cups granulated sugar

- 1.5 teaspoons ground cinnamon
- 0.3 cup pecans chopped
- 3 cups powdered sugar
- 0.3 teaspoon salt
- 1.5 teaspoons vanilla
- 2 tablespoons butter 68% softened
- 0.5 cup flour whole wheat gold medal®

Equipment

- bowl
- oven
- knife
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Spray bottoms only of two 8-inch round cake pans with cooking spray. In large bowl, mix egg product, oil, pumpkin, 1/4 cup milk and 1 teaspoon vanilla with electric mixer on low speed until well blended.
- Add all remaining cake ingredients except carrots. Beat on low speed 30 seconds or until well blended. Stir in carrots.
- Pour batter evenly into pans.
- Bake 28 to 33 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Carefully run knife around sides of pans to loosen; remove from pans to cooling racks. Cool completely, about 1 hour.
- In medium bowl, beat cream cheese and butter with electric mixer on medium speed until creamy. On low speed, beat in 1 1/2 teaspoons vanilla until well blended. Beat in powdered sugar, 1 cup at a time, until smooth. If necessary, add milk, 1/2 teaspoon at a time, until frosting is desired consistency.
- Spread frosting between cake layers and on top.
- Sprinkle with pecans.

Nutrition Facts

PROTEIN 3.72% FAT 26.94% CARBS 69.34%

Properties

Glycemic Index:20.76, Glycemic Load:15.84, Inflammation Score:-9, Nutrition Score:7.7304347598034%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 283.46kcal (14.17%), Fat: 8.7g (13.39%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 48.55g (17.65%), Sugar: 38.57g (42.86%), Cholesterol: 28.25mg (9.42%), Sodium: 161.27mg (7.01%), Alcohol: 0.13g (100%), Alcohol %: 0.18% (100%), Protein: 2.71g (5.41%), Vitamin A: 3245.81IU (64.92%), Manganese: 0.39mg (19.54%), Selenium: 7.7µg (11%), Vitamin E: 1.12mg (7.49%), Fiber: 1.85g (7.38%), Vitamin B1: 0.11mg (7.33%), Vitamin B2: 0.11mg (6.29%), Folate: 25.06µg (6.26%), Phosphorus: 60.21mg (6.02%), Vitamin K: 5.69µg (5.42%), Iron: 0.87mg (4.86%), Vitamin B3: 0.86mg (4.31%), Calcium: 40.74mg (4.07%), Copper: 0.07mg (3.7%), Magnesium: 13.67mg (3.42%), Vitamin B6: 0.07mg (3.4%), Vitamin B5: 0.3mg (3.03%), Potassium: 103.93mg (2.97%), Zinc: 0.42mg (2.77%), Vitamin C: 1.18mg (1.43%), Vitamin B12: 0.07µg (1.17%), Vitamin D: 0.15µg (1.02%)