



Inside-out Carrot Cakes

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 5 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 pinch ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 1 teaspoon heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup powdered sugar
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted softened plus more for cookie sheets
- ☐ 0.3 cup coconut or dried shredded unsweetened
- ☐ 0.8 teaspoon vanilla divided
- ☐ 6 tablespoons vegetable oil
- ☐ 0.1 teaspoon freshly black finely
- ☐ 0.1 teaspoon freshly finely grated

Equipment

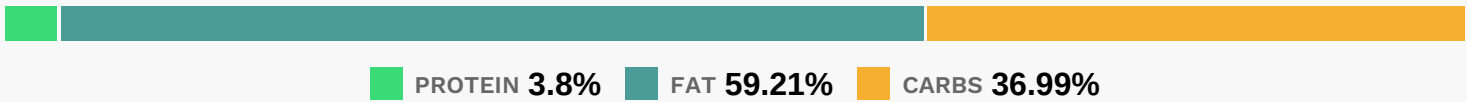
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Put a dab of butter in each corner of 2 large baking sheets and line with parchment.
- ☐ In a medium bowl, whisk together flour, baking soda, salt, and spices. In a large bowl, whisk together oil, brown sugar, egg, sour cream, and 1/4 tsp. vanilla; stir in dry ingredients with a wooden spoon until well combined.
- ☐ Add carrots and coconut, stirring until just combined.
- ☐ Drop 1-tbsp. circles of batter onto baking sheets about 1 in. apart.
- ☐ Bake until cooked through and browned slightly, 14 to 18 minutes. Cool on baking sheets.

- ☐ Using a stand mixer or hand mixer, beat cream cheese until very soft.
- ☐ Add butter and beat until smooth and well blended.
- ☐ Add powdered sugar a third at a time, beating until smooth after each addition. Beat in cream and remaining 1/2 tsp. vanilla.
- ☐ Flip cakes over and spread about 1 1/2 tbsp. frosting on half of them. Top each with a remaining cake, flat side down, to sandwich the frosting.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:5.4, Inflammation Score:-3, Nutrition Score:4.4682608424969%

Nutrients (% of daily need)

Calories: 296.49kcal (14.82%), Fat: 19.83g (30.5%), Saturated Fat: 8.48g (52.97%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 27.15g (9.87%), Sugar: 19.51g (21.68%), Cholesterol: 45.9mg (15.3%), Sodium: 171.26mg (7.45%), Alcohol: 0.1g (100%), Alcohol %: 0.19% (100%), Protein: 2.86g (5.72%), Vitamin K: 15.84µg (15.08%), Manganese: 0.23mg (11.69%), Selenium: 6.93µg (9.9%), Vitamin A: 366.03IU (7.32%), Vitamin B2: 0.12mg (6.96%), Vitamin E: 0.99mg (6.57%), Vitamin B1: 0.08mg (5.47%), Folate: 21.65µg (5.41%), Phosphorus: 46.61mg (4.66%), Iron: 0.76mg (4.21%), Calcium: 36.43mg (3.64%), Vitamin B3: 0.63mg (3.13%), Fiber: 0.73g (2.91%), Vitamin B5: 0.26mg (2.59%), Copper: 0.05mg (2.39%), Potassium: 75.78mg (2.17%), Magnesium: 8.35mg (2.09%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.82%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.17µg (1.14%)