



## Layered Carrot Cake

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



256 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons butter softened
- ☐ 3 cups carrots grated
- ☐ 2 egg whites
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 8 oz pineapple in juice crushed drained canned
- ☐ 3 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

## Equipment

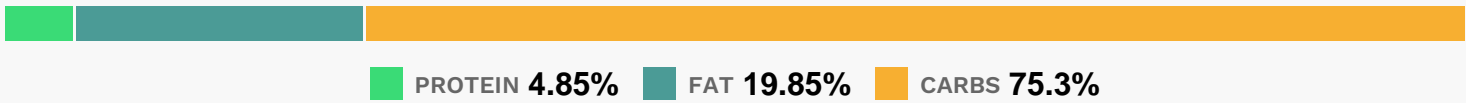
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- ☐ Whisk together pineapple and next 4 ingredients; add pineapple mixture to flour mixture, stirring just until dry ingredients are moistened. Fold in carrots.
- ☐ Pour batter into 2 (8-inch) round cake pans coated with cooking spray.
- ☐ Bake at 350 for 22 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- ☐ Remove from pans to a wire rack; cool completely (about 1 hour).
- ☐ Beat first 3 ingredients at medium speed with an electric mixer until smooth. Gradually add powdered sugar to butter mixture; beat at low speed just until blended. (Do not overbeat.) Beat in up to 2 tsp. milk for desired consistency.
- ☐ Place 1 cake layer on a serving plate; spread with 2/3 cup frosting, and top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake.
- ☐ Try This Twist!

- ☐
- Carrot Cake Muffins: Omit Frosting.
- ☐
- Place about 15 paper baking cups in muffin pans, and coat with cooking spray. Prepare batter, and fold in 1/2 cup chopped toasted pecans and 1/2 cup golden raisins with carrots. Spoon batter into baking cups, filling about two-thirds full.
- ☐
- Bake as directed. Cool in pans on a wire rack 10 minutes.
- ☐
- Serve warm or at room temperature. Makes about 15 muffins.
- ☐
- Per serving: Calories 204; Fat 3g (sat 1g, mono 6g, poly 4g); Protein 8g; Carb 9g; Fiber 9g; Chol 28mg; Iron 2mg; Sodium 356mg; Calc 23mg

Nutrition Facts



Properties

Glycemic Index:15.43, Glycemic Load:15.94, Inflammation Score:-10, Nutrition Score:8.160434782505%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 255.75kcal (12.79%), Fat: 5.68g (8.75%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 47.18g (17.16%), Sugar: 34.75g (38.61%), Cholesterol: 27.01mg (9%), Sodium: 326.16mg (14.18%), Alcohol: 0.37g (100%), Alcohol %: 0.45% (100%), Protein: 3.13g (6.25%), Vitamin A: 4094.38IU (81.89%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.16mg (10.39%), Vitamin K: 9.76µg (9.29%), Folate: 37.01µg (9.25%), Vitamin B2: 0.15mg (8.64%), Manganese: 0.17mg (8.45%), Vitamin B3: 1.21mg (6.07%), Iron: 0.98mg (5.45%), Fiber: 1.34g (5.38%), Phosphorus: 39.77mg (3.98%), Vitamin E: 0.56mg (3.72%), Potassium: 129.03mg (3.69%), Vitamin C: 2.75mg (3.34%), Vitamin B6: 0.06mg (3.1%), Copper: 0.06mg (2.87%), Magnesium: 9.85mg (2.46%), Vitamin B5: 0.24mg (2.4%), Calcium: 18.49mg (1.85%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.06µg (1.03%)