

Light Carrot Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



194 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup carrots grated
- 2 teaspoons powdered sugar
- 3 egg whites
- 1 cup flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 0.3 cup orange juice concentrate
- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.3 cup vegetable oil

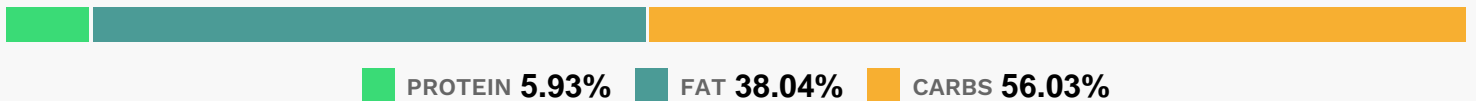
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, combine the first four ingredients; beat for 30 seconds.
- Combine flour, baking powder, cinnamon, allspice, baking soda and salt; add to the orange juice mixture and mix well. Stir in carrots.
- Pour into an 8-in. square baking pan that has been coated with cooking spray.
- Bake at 350° for 30 minutes or until a toothpick inserted near the center comes out clean. Cool; dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:16, Inflammation Score:-9, Nutrition Score:7.433043419019%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 194.11kcal (9.71%), Fat: 8.34g (12.82%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 26.61g (9.68%), Sugar: 15.44g (17.15%), Cholesterol: 0mg (0%), Sodium: 137.46mg (5.98%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Vitamin A: 2417.09IU (48.34%), Vitamin C: 16.14mg (19.57%), Vitamin K: 16.88µg (16.07%), Vitamin B1: 0.15mg (9.86%), Selenium: 6.84µg (9.78%), Folate: 36.67µg (9.17%), Vitamin B2: 0.14mg (8.32%), Manganese: 0.16mg (8.19%), Vitamin E: 0.83mg (5.54%), Vitamin B3: 1.09mg (5.46%), Iron: 0.81mg (4.52%), Potassium: 145.28mg (4.15%), Fiber: 1.02g (4.09%), Calcium: 40.69mg (4.07%), Phosphorus: 37.9mg (3.79%), Vitamin B6: 0.05mg (2.71%), Magnesium: 9.95mg (2.49%), Copper: 0.04mg (1.86%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.16mg (1.05%)