



Light Carrot Cake

READY IN



45 min.

SERVINGS



16

CALORIES



293 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.8 cup firmly brown sugar packed
- 2.5 cups cake flour sifted
- 3 cups carrots shredded
- 8 ounce neufcha@gtel cheese
- 8 ounce nonfat cream cheese product
- 0.3 teaspoon cream of tartar
- 1 egg white
- 4 egg whites

- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 8 ounce pineapple in juice crushed canned
- 0.1 teaspoon salt
- 0.7 cup skim milk
- 0.5 cup sugar
- 2.5 teaspoons vanilla extract divided
- 3 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan
- oven
- hand mixer
- candy thermometer

Directions

- Drain pineapple, reserving 2 tablespoons juice.
- Combine flour and next 5 ingredients.
- Combine brown sugar, oil, and 4 egg whites; beat well.
- Add flour mixture to brown sugar mixture alternately with milk, beginning and ending with flour mixture.
- Mix after each addition. Stir in reserved pineapple, carrot, and 2 teaspoons vanilla.
- Pour batter into a 13- x 9- x 2-inch pan coated with cooking spray.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- Let cool.
- Beat 1 egg white and cream of tartar at high speed of an electric mixer until soft peaks form.

- Combine 1/2 cup sugar and reserved 2 tablespoons juice in a saucepan. Bring to a boil; cook, without stirring, over medium heat 3 minutes or until candy thermometer registers 23
- Gradually pour sugar mixture in a thin stream over beaten egg whites while beating constantly at high speed. Continue to beat at high speed 7 minutes.
- Combine cheeses and remaining 1/2 teaspoon vanilla; beat at high speed until fluffy.
- Add one-third of egg white mixture; beat just until blended. Fold in remaining egg white mixture.
- Spread over cake.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:14.79, Inflammation Score:-10, Nutrition Score:9.8578259685765%

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: 292.99kcal (14.65%), Fat: 12.71g (19.55%), Saturated Fat: 6.05g (37.78%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 35.57g (12.93%), Sugar: 20.71g (23.01%), Cholesterol: 28.8mg (9.6%), Sodium: 332.12mg (14.44%), Alcohol: 0.22g (100%), Alcohol %: 0.22% (100%), Protein: 8.21g (16.41%), Vitamin A: 4370.88IU (87.42%), Selenium: 15.31µg (21.88%), Calcium: 151.64mg (15.16%), Phosphorus: 121.42mg (12.14%), Manganese: 0.23mg (11.32%), Vitamin B2: 0.18mg (10.6%), Vitamin K: 8.69µg (8.28%), Zinc: 0.89mg (5.91%), Potassium: 199.67mg (5.7%), Fiber: 1.41g (5.65%), Magnesium: 18.47mg (4.62%), Vitamin E: 0.68mg (4.53%), Folate: 16.7µg (4.18%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.98%), Copper: 0.08mg (3.9%), Vitamin B5: 0.36mg (3.59%), Vitamin C: 2.78mg (3.37%), Vitamin B3: 0.53mg (2.66%), Iron: 0.43mg (2.38%), Vitamin D: 0.2µg (1.32%)