



Mini Carrot Cake with Maple-Cream Cheese Frosting

 Vegetarian

READY IN



100 min.

SERVINGS



1

CALORIES



1167 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon double-acting baking powder generous
- ☐ 1 pinch salt
- ☐ 1 pinch ground ginger
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch nutmeg
- ☐ 1 egg whites

- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 tablespoons canola oil
- ☐ 1.5 teaspoons milk
- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup carrots shredded packed (1 carrot)
- ☐ 1 tablespoon raisins
- ☐ 1 tablespoon walnut pieces chopped
- ☐ 2 oz cream cheese softened
- ☐ 1 tablespoon butter unsalted softened
- ☐ 0.3 cup powdered sugar sifted
- ☐ 2 teaspoons maple syrup
- ☐ 1 tablespoon walnut pieces toasted chopped finely chopped finely (for garnish)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ hand mixer
- ☐ grill
- ☐ serrated knife
- ☐ panini press

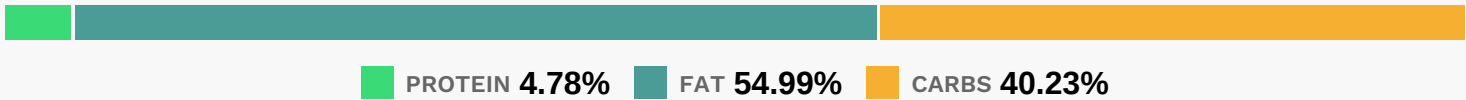
Directions

- ☐ Heat panini maker to 350°F (make sure panini maker sits flat on your work surface). Spray 2 (6-oz) individual baking dishes (ramekins) with cooking spray.
- ☐ In small bowl, stir together flour, baking powder, salt, ginger, cinnamon and nutmeg; set aside. In medium bowl, beat egg white, brown sugar, oil, milk and vanilla with wire whisk until

blended. Stir in flour mixture until combined; stir in carrots, raisins and walnuts.

- ☐
- Divide batter evenly between ramekins. Set ramekins on lower grill of panini maker; close lid until upper grill makes contact with tops of ramekins.
- ☐
- Bake 17 to 19 minutes or until cakes are set and spring back when touched lightly in center. Cool in ramekins 5 minutes; remove from ramekins to cooling rack. Cool completely. If necessary, level cake layers with a serrated knife.
- ☐
- Meanwhile, make maple-cream cheese frosting. In small bowl, beat together cream cheese and butter with electric mixer on low speed until blended. Beat in powdered sugar and maple syrup until smooth.
- ☐
- Fill and frost layers with maple-cream cheese frosting; sprinkle with toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:489.13, Glycemic Load:30.08, Inflammation Score:-10, Nutrition Score:24.28000007505%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1167.31kcal (58.37%), Fat: 73.06g (112.39%), Saturated Fat: 22.43g (140.16%), Carbohydrates: 120.25g (40.08%), Net Carbohydrates: 115.51g (42%), Sugar: 76.55g (85.06%), Cholesterol: 88.27mg (29.42%), Sodium: 420.75mg (18.29%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 14.28g (28.56%), Vitamin A: 8257.04IU (165.14%), Manganese: 1.48mg (73.97%), Vitamin B2: 0.7mg (41.23%), Vitamin E: 6.16mg (41.07%), Selenium: 23.53µg (33.61%), Vitamin K: 28.49µg (27.13%), Vitamin B1: 0.39mg (26.04%), Copper: 0.47mg (23.69%), Folate: 93.11µg (23.28%), Phosphorus: 230.76mg (23.08%), Calcium: 210.8mg (21.08%), Fiber: 4.74g (18.97%), Potassium: 593.18mg (16.95%), Iron: 3.05mg (16.92%), Magnesium: 65.55mg (16.39%), Vitamin B3: 2.83mg (14.15%), Vitamin B6: 0.26mg (12.99%), Zinc: 1.44mg (9.63%), Vitamin B5: 0.83mg (8.31%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.29µg (1.95%)