



## Mini Carrot Cakes with Cream Cheese Glaze

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



225 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.8 pound carrots shredded
- 0.5 cup confectioners' sugar
- 3 large eggs
- 0.5 cup percent greek yogurt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger

- 1 teaspoon juice of lemon
- 1 teaspoon lemon zest finely grated
- 0.5 cup brown sugar light
- 0.5 cup pecan halves
- 1 halves pecan for garnish, optional
- 0.5 teaspoon salt fine
- 1 pinch salt fine
- 0.3 teaspoon vanilla extract pure
- 1 teaspoon vanilla extract pure
- 0.3 cup vegetable oil
- 1.5 cups pastry flour whole wheat

## Equipment

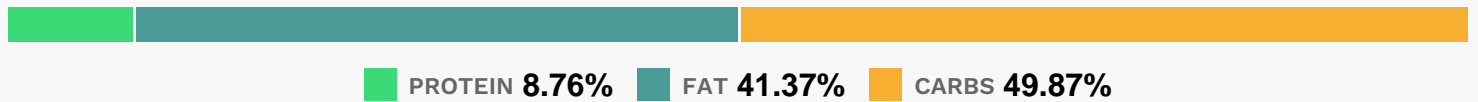
- food processor
- bowl
- baking sheet
- oven
- whisk
- loaf pan
- toothpicks
- muffin tray

## Directions

- For the cake: Preheat the oven to 350 degrees F. Spray 12 mini loaf pans or a 12-cup regular muffin pan with pan release spray.
- Spread the pecans out on a rimmed baking sheet and bake until toasted, 10 to 12 minutes. Allow to cool and then pulse in a food processor until very finely chopped but not ground.
- Combine the chopped pecans, flour, baking powder, cinnamon, ginger, baking soda and salt in a large bowl.

- Whisk together the brown sugar, yogurt, oil, vanilla extract, lemon zest and eggs in another bowl. Stir the carrots into the egg mixture. Fold the carrot-egg mixture into the flour mixture until just combined. Divide evenly among the prepared pans. (Don't be alarmed if the batter seems skimpy; the cakes will rise once baked.)
- Bake until the center of the cakes bounce back when pressed and a toothpick inserted in the middle comes out clean, 20 to 22 minutes.
- Let the cakes cool in the pans for a few minutes, and then transfer to a rack to cool completely.
- Mix together the confectioners' sugar, cream cheese, lemon juice, vanilla extract and salt in a medium bowl. Spoon about 1 teaspoon of the glaze onto each cake and use the back of the spoon to spread.
- Garnish as desired.

## Nutrition Facts



### Properties

Glycemic Index:13.24, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:12.840869411178%

### Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 224.71kcal (11.24%), Fat: 10.7g (16.46%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 26.06g (9.48%), Sugar: 15.75g (17.5%), Cholesterol: 46.92mg (15.64%), Sodium: 287.72mg (12.51%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 5.1g (10.19%), Vitamin A: 4808.46IU (96.17%), Manganese: 0.95mg (47.35%), Selenium: 14.36µg (20.52%), Vitamin K: 15.42µg (14.69%), Phosphorus: 122.82mg (12.28%), Fiber:

2.97g (11.88%), Vitamin B1: 0.13mg (8.56%), Magnesium: 32.93mg (8.23%), Vitamin B2: 0.13mg (7.59%), Calcium: 73.68mg (7.37%), Vitamin B6: 0.14mg (7.06%), Copper: 0.14mg (7.06%), Vitamin E: 0.99mg (6.57%), Iron: 1.14mg (6.31%), Potassium: 208.08mg (5.95%), Zinc: 0.87mg (5.77%), Vitamin B3: 1.13mg (5.65%), Folate: 19.59µg (4.9%), Vitamin B5: 0.44mg (4.38%), Vitamin B12: 0.17µg (2.83%), Vitamin C: 2.1mg (2.55%), Vitamin D: 0.25µg (1.67%)