



Mom's Carrot Cake

 Vegetarian

READY IN



140 min.

SERVINGS



15

CALORIES



413 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 teaspoon baking soda
- ☐ 0.5 cup butter softened (1 stick)
- ☐ 2 cups carrots raw grated (medium grate)
- ☐ 8 ounces cream cheese softened
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 8 ounces pineapple crushed undrained
- ☐ 3 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

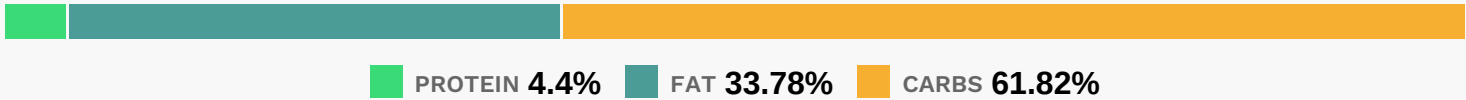
Directions

- ☐ Heat the oven to 350°F. Spray bottom of 13x9-inch pan with nonstick cooking spray. In a large bowl, mix together flour, baking soda, baking powder, cinnamon, nutmeg and salt.
- ☐ Add grated carrots and toss to coat. Set aside.
- ☐ In a mixing bowl, using medium speed of electric mixer, beat eggs, sugar and vanilla.
- ☐ Add oil and pineapple, mix well. In batches on low speed, add carrot mixture, mix until combined.
- ☐ Pour into your pan.
- ☐ Bake for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ To make the cream cheese frosting, run a dry whisk or fork through the powdered sugar to break up any lumps and set aside. In a medium mixing bowl, using electric mixer at medium speed, beat cream cheese, butter and vanilla until very smooth. Turn the mixer on low speed

and add in the powdered sugar in batches.

☐ Cool cake completely, about 1 hour. Frost with the cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:26.4, Inflammation Score:-9, Nutrition Score:8.6743479293326%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 413.42kcal (20.67%), Fat: 15.82g (24.34%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 65.14g (21.71%), Net Carbohydrates: 63.94g (23.25%), Sugar: 50.44g (56.04%), Cholesterol: 81.14mg (27.05%), Sodium: 371.57mg (16.16%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.64g (9.28%), Vitamin A: 3323.29IU (66.47%), Selenium: 11.49µg (16.41%), Vitamin B2: 0.2mg (11.94%), Vitamin B1: 0.17mg (11.13%), Folate: 42.39µg (10.6%), Manganese: 0.17mg (8.52%), Vitamin K: 8.68µg (8.27%), Phosphorus: 81.28mg (8.13%), Calcium: 67.79mg (6.78%), Iron: 1.22mg (6.76%), Vitamin B3: 1.23mg (6.12%), Vitamin E: 0.81mg (5.41%), Fiber: 1.2g (4.81%), Vitamin B5: 0.42mg (4.19%), Potassium: 133.52mg (3.81%), Vitamin B6: 0.07mg (3.7%), Copper: 0.06mg (3.23%), Vitamin C: 2.43mg (2.95%), Zinc: 0.44mg (2.9%), Magnesium: 11.41mg (2.85%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.27µg (1.78%)