



## Morning Glory Carrot Cake

READY IN



190 min.

SERVINGS



15

CALORIES



386 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix yellow
- ☐ 3 tablespoons flour whole wheat
- ☐ 1.3 cups water
- ☐ 0.5 cup vegetable oil
- ☐ 4 eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 2.5 cups carrots shredded finely ( 5 medium)
- ☐ 0.3 cup raisins

- ☐ 0.3 cup walnut pieces chopped
- ☐ 3 cups powdered sugar
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons butter softened
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup coconut flakes flaked toasted

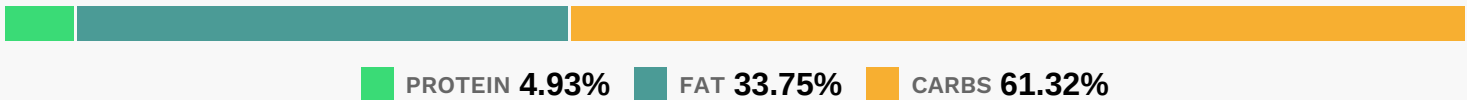
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F (or 325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, stir cake mix and flour. Reserve 1/3 cup cake mix mixture. To remaining mixture, add water, oil, eggs, cinnamon and nutmeg; beat with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. In medium bowl, stir carrots, raisins, walnuts and reserved cake mix mixture until coated. Stir into batter; pour into pan.
- ☐ Bake 35 to 43 minutes or until toothpick inserted in center comes out clean. Cool completely, about 2 hours.
- ☐ In large bowl, beat powdered sugar, cream cheese, butter and vanilla on low speed until blended. Beat on medium speed until smooth and creamy.
- ☐ Spread frosting over cake.
- ☐ Sprinkle with coconut. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.18, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:10.58608702473%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 385.7kcal (19.28%), Fat: 14.79g (22.75%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 58.08g (21.12%), Sugar: 40.45g (44.94%), Cholesterol: 58.92mg (19.64%), Sodium: 351.45mg (15.28%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.86g (9.73%), Vitamin A: 3898.41IU (77.97%), Manganese: 0.41mg (20.49%), Phosphorus: 179.53mg (17.95%), Vitamin B2: 0.2mg (11.9%), Selenium: 7.91µg (11.3%), Calcium: 109.52mg (10.95%), Folate: 38.07µg (9.52%), Fiber: 2.36g (9.44%), Vitamin B1: 0.12mg (8.29%), Iron: 1.39mg (7.7%), Copper: 0.14mg (7.11%), Vitamin K: 7.01µg (6.68%), Vitamin E: 0.94mg (6.26%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 1.19mg (5.97%), Potassium: 189.46mg (5.41%), Vitamin B5: 0.51mg (5.11%), Magnesium: 20.06mg (5.01%), Zinc: 0.59mg (3.92%), Vitamin B12: 0.17µg (2.9%), Vitamin C: 1.54mg (1.87%), Vitamin D: 0.23µg (1.56%)