



Orange Carrot Cake

READY IN



170 min.

SERVINGS



15

CALORIES



417 kcal

DESSERT

Ingredients

- 0.8 cup carrots shredded finely (2 medium)
- 1 cup coconut flakes flaked
- 1 box cake mix yellow
- 0.7 cup vegetable oil
- 0.3 cup water
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 4 eggs
- 11 oz mandarin orange segments undrained canned

- 8 oz cream cheese softened
- 16 oz vanilla frosting
- 0.5 cup pecans finely chopped

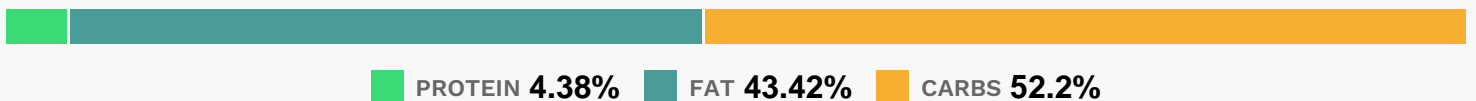
Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- In medium bowl, stir carrots and coconut with 3 tablespoons of the dry cake mix. In large bowl, beat remaining cake mix, the oil, water, cinnamon, allspice, eggs and oranges with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in carrots and coconut.
- Pour into pan.
- Bake 41 to 46 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In large bowl, beat cream cheese on medium speed until smooth and creamy. Stir in frosting until well mixed.
- Spread frosting over cake.
- Sprinkle with pecans (or top with additional mandarin orange segments just before serving). Refrigerate 30 minutes before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:10.29, Inflammation Score:-7, Nutrition Score:9.21608698888637%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417.22kcal (20.86%), Fat: 20.48g (31.51%), Saturated Fat: 8.65g (54.09%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 52.98g (19.27%), Sugar: 37.69g (41.87%), Cholesterol: 58.92mg (19.64%), Sodium: 378.02mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.31%), Vitamin A: 1480.72IU (29.61%), Manganese: 0.46mg (22.88%), Phosphorus: 180.16mg (18.02%), Vitamin B2: 0.28mg (16.54%), Calcium: 112.4mg (11.24%), Selenium: 7.19µg (10.27%), Folate: 38.65µg (9.66%), Fiber: 2.41g (9.64%), Vitamin K: 9.92µg (9.45%), Vitamin E: 1.36mg (9.05%), Vitamin B1: 0.13mg (8.98%), Iron: 1.35mg (7.5%), Vitamin C: 6.12mg (7.41%), Copper: 0.14mg (6.94%), Vitamin B3: 1.11mg (5.56%), Vitamin B5: 0.55mg (5.48%), Vitamin B6: 0.11mg (5.27%), Magnesium: 19.67mg (4.92%), Potassium: 165.83mg (4.74%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.23µg (1.56%)