



Orange-Carrot Cake with Classic Cream Cheese Frosting

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



738 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups carrots finely grated (6 carrots)
- ☐ 2 teaspoons cinnamon
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 2 teaspoons nutmeg

- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon orange zest
- ☐ 2 cups pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1.5 cups butter unsalted softened
- ☐ 1.5 teaspoons vanilla extract

Equipment

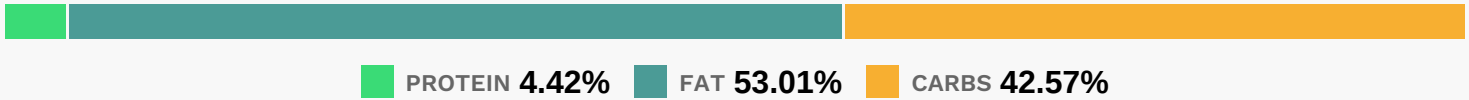
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Spread chopped pecans on a sheet pan, and toast at 375 for 5 minutes; set aside to cool. Line 2 greased 9-inch round cake pans with wax paper, and set aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour and next 4 ingredients. Cream butter and sugar together in a large bowl using an electric mixer on medium speed. Reduce speed to medium-low, and add eggs 1 at a time, blending well after each addition.
- ☐ Add milk and half of flour mixture; blend well.
- ☐ Add remaining flour mixture gradually for a smoother batter.
- ☐ Stir in orange zest and juice, vanilla, grated carrot, and toasted nuts. Divide batter evenly into prepared cake pans, and bake at 375 for 40 minutes or until a knife inserted into center of

- cake comes out clean. (
- ☐ Layers may sink a bit in the middle.)
 - ☐ Let layers cool in pans 10 minutes; transfer to a cooling rack.
 - ☐ Let cool completely. Top 1 layer with Cream Cheese Frosting; add second layer; frost top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:53.58, Inflammation Score:-10, Nutrition Score:17.776521641275%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 738.15kcal (36.91%), Fat: 44.66g (68.71%), Saturated Fat: 19.62g (122.61%), Carbohydrates: 80.69g (26.9%), Net Carbohydrates: 76.86g (27.95%), Sugar: 53.09g (58.99%), Cholesterol: 148.34mg (49.45%), Sodium: 330.51mg (14.37%), Alcohol: 0.21g (100%), Alcohol %: 0.13% (100%), Protein: 8.38g (16.77%), Vitamin A: 5273.12IU (105.46%), Manganese: 1.23mg (61.69%), Vitamin B1: 0.41mg (27.59%), Selenium: 18.3µg (26.14%), Folate: 79.2µg (19.8%), Vitamin B2: 0.32mg (18.78%), Copper: 0.33mg (16.34%), Phosphorus: 153.81mg (15.38%), Fiber: 3.83g (15.33%), Iron: 2.47mg (13.74%), Vitamin B3: 2.41mg (12.04%), Zinc: 1.52mg (10.11%), Magnesium: 39.58mg (9.89%), Vitamin E: 1.48mg (9.87%), Vitamin B5: 0.76mg (7.61%), Potassium: 260.16mg (7.43%), Vitamin C: 5.67mg (6.87%), Vitamin B6: 0.13mg (6.72%), Vitamin D: 0.98µg (6.52%), Vitamin K: 6.76µg (6.44%), Calcium: 60.86mg (6.09%), Vitamin B12: 0.27µg (4.48%)