



Parma-Style Carrot Cake

 Vegetarian

READY IN



145 min.

SERVINGS



10

CALORIES



474 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter softened (1 stick)
- 2 cups carrots peeled chopped (6 carrots)
- 5 eggs
- 1 teaspoon fennel seeds
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 lemon zest juiced

- 0.5 cup mascarpone cheese
- 6 ounces pinenuts
- 10 servings powdered sugar for garnish
- 0.5 teaspoon salt
- 0.5 cup sugar

Equipment

- food processor
- bowl
- oven
- baking pan
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- In a medium bowl stir together the flour, baking powder, cinnamon, and salt. Set aside.
- Place the pine nuts, 1/2 cup sugar, and fennel seeds in a food processor and pulse to mince the nuts.
- Add the lemon zest, lemon juice, and the carrots. Pulse to mince the carrots.
- Add the mascarpone cheese and pulse until the cheese is incorporated.
- In a large bowl, using a hand mixer, cream together the butter and remaining 1/2 cup sugar.
- Add the eggs, 1 at a time, until well blended.
- Add the carrot mixture to the butter mixture and stir until combined.
- Add in the reserved dry ingredients and stir until just incorporated.
- Place the mixture in a lightly greased and floured 8 by 10 by-2-inch baking dish.
- Bake for 55 to 60 minutes.
- Let the cake cool for 1 hour, then dust with powdered sugar.
- Cut into squares and serve.

Nutrition Facts

PROTEIN 7.85% FAT 52.89% CARBS 39.26%

Properties

Glycemic Index:33.89, Glycemic Load:25.35, Inflammation Score:-10, Nutrition Score:19.268260582634%

Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 473.66kcal (23.68%), Fat: 28.43g (43.73%), Saturated Fat: 10.56g (66.03%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 45.09g (16.4%), Sugar: 19.83g (22.03%), Cholesterol: 117.49mg (39.16%), Sodium: 372.99mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (18.99%), Vitamin A: 4842.47IU (96.85%), Manganese: 1.78mg (89.24%), Selenium: 17.72µg (25.32%), Vitamin B1: 0.33mg (22.31%), Phosphorus: 214.2mg (21.42%), Folate: 78.6µg (19.65%), Vitamin B2: 0.32mg (18.64%), Iron: 3.05mg (16.93%), Vitamin E: 2.27mg (15.15%), Copper: 0.3mg (15.07%), Vitamin B3: 2.88mg (14.4%), Magnesium: 56.76mg (14.19%), Vitamin K: 13.53µg (12.89%), Calcium: 121.61mg (12.16%), Zinc: 1.68mg (11.23%), Fiber: 2.39g (9.55%), Potassium: 255.39mg (7.3%), Vitamin B5: 0.61mg (6.12%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.22µg (3.58%), Vitamin C: 2.47mg (2.99%), Vitamin D: 0.44µg (2.93%)