



## Peanutty Pineapple Carrot Cake with Peanut Butter Frosting

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



347 kcal

DESSERT

### Ingredients

- 2 cups pillsbury best® all purpose flour
- 1 teaspoon baking soda
- 8 ounce pineapple crushed undrained canned
- 2 cups carrots shredded
- 1 teaspoon cinnamon
- 16 ounce creamy supreme cream cheese frosting pillsbury®
- 3 tablespoons jif® creamy peanut butter

- 3 large eggs
- 0.3 cup milk
- 0.3 teaspoon salt
- 1 cup sugar
- 0.5 cup coconut or sweetened
- 0.8 cup crisco® vegetable oil pure
- 0.5 cup walnuts finely chopped

## Equipment

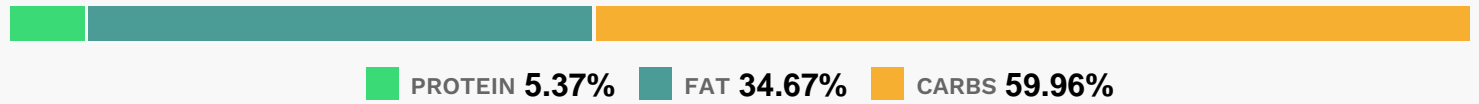
- frying pan
- oven
- knife
- mixing bowl
- wire rack
- toothpicks
- cake form
- ziploc bags
- microwave

## Directions

- Heat oven to 350 degrees F. Coat 13x9-inch cake pan lightly with no-stick cooking spray.
- Stir together flour, baking soda, salt and cinnamon in a medium bowl. Beat oil, peanut butter, sugar, eggs and milk in a large mixing bowl. Stir in carrots, walnuts, coconut and pineapple.
- Add flour mixture and stir until combined.
- Spread evenly in prepared pan.
- Bake 32 to 37 minutes or until a toothpick inserted in center comes out clean. Cool completely on wire rack.
- Stir frosting and peanut butter until combined.
- Spread on cooled cake.

- Place 3 tablespoons peanut butter in a resealable plastic bag. Microwave on HIGH 10 seconds. Make a small cut in one corner of bag.
- Drizzle peanut butter over top of cake in lines across the short side. Then using a table knife, lightly slice through peanut butter down the long side to create design.

## Nutrition Facts



### Properties

Glycemic Index:17.93, Glycemic Load:19.26, Inflammation Score:-9, Nutrition Score:8.9700000286102%

### Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 347.43kcal (17.37%), Fat: 13.73g (21.12%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 51.54g (18.74%), Sugar: 37.25g (41.39%), Cholesterol: 37.69mg (12.56%), Sodium: 219.51mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin A: 2920.48IU (58.41%), Manganese: 0.38mg (18.81%), Selenium: 9.89µg (14.13%), Vitamin B1: 0.18mg (12.13%), Folate: 45.87µg (11.47%), Vitamin B2: 0.16mg (9.62%), Vitamin B3: 1.7mg (8.5%), Phosphorus: 77.11mg (7.71%), Fiber: 1.89g (7.56%), Iron: 1.32mg (7.34%), Copper: 0.15mg (7.32%), Vitamin K: 6.62µg (6.3%), Magnesium: 23.37mg (5.84%), Vitamin B6: 0.1mg (4.9%), Vitamin E: 0.73mg (4.89%), Potassium: 168mg (4.8%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.35mg (3.49%), Vitamin C: 2.48mg (3.01%), Calcium: 29.26mg (2.93%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.24µg (1.63%)