



Pecan-Carrot Cake

READY IN



45 min.

SERVINGS



12

CALORIES



494 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.3 teaspoons baking soda
- 0.5 cup firmly brown sugar light packed
- 1.5 cups buttermilk
- 3 cups cake flour
- 0.7 pound carrots grated
- 4 large eggs
- 1.5 teaspoons ground cinnamon
- 1.5 cups pecans finely chopped

- 0.5 teaspoon salt
- 1.5 cups sugar
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla extract
- 1 cup water

Equipment

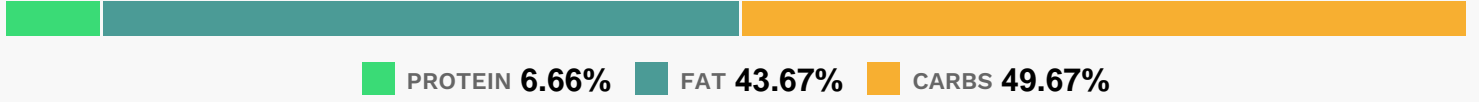
- food processor
- frying pan
- sauce pan
- oven
- wire rack
- blender
- hand mixer

Directions

- Bring carrot and 1 cup water to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes or until tender. Do not drain.
- Process carrot mixture in a blender or food processor until smooth, stopping to scrape down sides. Measure 1 cup puree, and set aside.
- Beat butter and sugars at medium speed with an electric mixer until blended.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Combine cake flour and next 4 ingredients.
- Combine carrot puree, buttermilk, and vanilla. Gradually add flour mixture to butter mixture alternately with carrot mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in pecans. Spoon batter into a greased and floured 13- x 9-inch pan.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- Spread with Citrus Cream Cheese Frosting.

- NOTE: Batter may be spooned evenly into 3 greased and floured 9-inch round cake pans.
- Bake at 350' for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans, and cool on wire racks.
- Spread Citrus Cream Cheese Frosting between layers and on top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:33.58, Inflammation Score:-10, Nutrition Score:13.995217406231%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 494.38kcal (24.72%), Fat: 24.56g (37.78%), Saturated Fat: 9.31g (58.17%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 59.94g (21.8%), Sugar: 37.26g (41.4%), Cholesterol: 95.8mg (31.93%), Sodium: 342.49mg (14.89%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 8.43g (16.86%), Vitamin A: 4712.88IU (94.26%), Manganese: 0.95mg (47.73%), Selenium: 19.59µg (27.98%), Phosphorus: 150.28mg (15.03%), Copper: 0.26mg (13.2%), Fiber: 2.9g (11.59%), Vitamin B2: 0.19mg (11.1%), Calcium: 110.21mg (11.02%), Vitamin B1: 0.15mg (10.21%), Zinc: 1.3mg (8.65%), Magnesium: 33.96mg (8.49%), Vitamin B5: 0.72mg (7.21%), Potassium: 249.04mg (7.12%), Folate: 27.96µg (6.99%), Vitamin E: 1.01mg (6.75%), Iron: 1.16mg (6.44%), Vitamin D: 0.94µg (6.24%), Vitamin B6: 0.12mg (5.94%), Vitamin B12: 0.31µg (5.17%), Vitamin K: 5.11µg (4.86%), Vitamin B3: 0.78mg (3.9%), Vitamin C: 1.65mg (2%)