



Pineapple-Carrot Cake

READY IN



210 min.

SERVINGS



15

CALORIES



406 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 box vanilla pudding instant (4-serving size)
- 0.3 cup water
- 0.3 cup butter softened
- 1 teaspoons orange zest grated
- 1 teaspoon vanilla
- 4 eggs
- 8 oz pineapple crushed undrained canned
- 1.5 cups carrots shredded finely (2 to 3 large)

- 3 cups powdered sugar
- 8 oz cream cheese softened
- 2 tablespoons butter softened
- 1 teaspoon vanilla
- 12 chocolate wafers such as nabisco famous crushed finely
- 15 candied pineapple

Equipment

- bowl
- frying pan
- oven
- knife
- 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 large bowl, beat all cake ingredients except carrots with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Stir in carrots.
- Pour into pan.
- Bake 44 to 50 minutes (46 to 54 minutes for dark or nonstick pan) or until toothpick inserted in center comes out clean. Cool completely, about 1 1/2 hours.
- In large bowl, beat powdered sugar, cream cheese, 2 tablespoons butter and the vanilla on low speed until blended. Beat on medium speed until smooth and creamy.
- Spread frosting over cake. With knife tip, score cake into 5 rows by 3 rows (15 squares).
- Diagonally on each marked cake piece, sprinkle a small amount of crushed cookies for "dirt." Insert carrot decoration into each piece. Refrigerate 30 minutes before serving. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 4.25% ■ FAT 30.67% ■ CARBS 65.08%

Properties

Glycemic Index:14.89, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:7.8243478484776%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 405.78kcal (20.29%), Fat: 14g (21.54%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 65.61g (23.86%), Sugar: 49.02g (54.47%), Cholesterol: 73.87mg (24.62%), Sodium: 442.22mg (19.23%), Alcohol: 0.18g (100%), Alcohol %: 0.17% (100%), Protein: 4.36g (8.72%), Vitamin A: 2586.19IU (51.72%), Phosphorus: 159.98mg (16%), Vitamin B2: 0.2mg (11.75%), Calcium: 105.34mg (10.53%), Selenium: 6.56µg (9.36%), Folate: 36µg (9%), Vitamin B1: 0.12mg (8.13%), Iron: 1.25mg (6.97%), Manganese: 0.13mg (6.26%), Vitamin E: 0.85mg (5.69%), Vitamin B3: 1.13mg (5.66%), Fiber: 1.24g (4.96%), Vitamin B5: 0.45mg (4.53%), Vitamin B6: 0.09mg (4.35%), Copper: 0.08mg (4.23%), Potassium: 126.63mg (3.62%), Vitamin K: 3.75µg (3.57%), Magnesium: 12.85mg (3.21%), Vitamin B12: 0.19µg (3.14%), Vitamin C: 2.36mg (2.86%), Zinc: 0.43mg (2.86%), Vitamin D: 0.23µg (1.56%)