



Pineapple-Carrot Cake

READY IN



210 min.

SERVINGS



15

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter softened
- ☐ 8 oz pineapple crushed undrained canned
- ☐ 15 carrots
- ☐ 1.5 cups carrots shredded finely (2 to 3 large)
- ☐ 12 chocolate wafers such as nabisco famous crushed finely
- ☐ 8 oz cream cheese softened
- ☐ 4 eggs
- ☐ 1 box vanilla pudding instant (4-serving size)

- ☐ 1 teaspoons orange zest grated
- ☐ 3 cups powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 1 box cake mix yellow

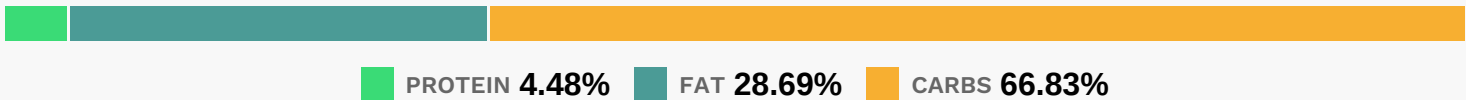
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F (325F 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



Properties

Glycemic Index:18.01, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:12.3999999908779%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 424.71kcal (21.24%), Fat: 13.78g (21.2%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 72.24g (24.08%), Net Carbohydrates: 69.35g (25.22%), Sugar: 51.57g (57.3%), Cholesterol: 73.87mg (24.62%), Sodium: 479.82mg (20.86%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.84g (9.69%), Vitamin A: 12776.85IU (255.54%), Phosphorus: 181.31mg (18.13%), Vitamin B2: 0.23mg (13.82%), Calcium: 124.84mg (12.48%), Folate: 47.59µg (11.9%), Fiber: 2.89g (11.57%), Vitamin K: 11.8µg (11.24%), Vitamin B1: 0.16mg (10.81%), Manganese: 0.21mg (10.59%), Selenium: 6.62µg (9.45%), Potassium: 321.43mg (9.18%), Vitamin B3: 1.73mg (8.66%), Vitamin B6: 0.17mg (8.55%), Vitamin E: 1.26mg (8.37%), Iron: 1.42mg (7.87%), Vitamin C: 5.96mg (7.22%), Vitamin B5: 0.62mg (6.2%), Copper: 0.11mg (5.59%), Magnesium: 20.14mg (5.03%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.23µg (1.56%)