



Pineapple Carrot Cake

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



602 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 2 cups sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1.5 cups canola oil
- 4 large eggs room temperature
- 3 jars carrots (4 ounces each)

- 8 ounces pineapple crushed drained canned
- 0.5 cup walnut pieces chopped
- 8 ounces cream cheese softened
- 0.5 cup butter softened
- 1 teaspoon vanilla extract
- 3.8 cups powdered sugar
- 1 serving the petals from dandelion flowers chopped

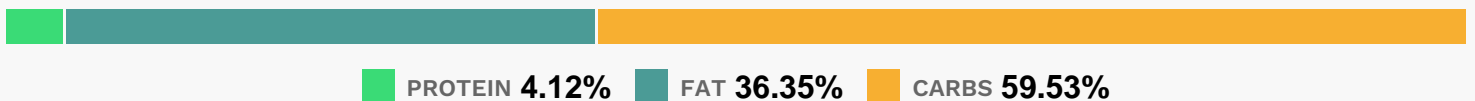
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a bowl, combine the dry ingredients.
- Add the oil, eggs and baby food; mix on low speed until well blended. Stir in pineapple and nuts.
- Pour into 2 greased and floured 9-in. round baking pans.
- Bake at 350° until a toothpick inserted in the center comes out clean, 35-40 minutes. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, in a bowl, beat cream cheese and butter until smooth. Beat in vanilla and confectioners' sugar until mixture reaches spreading consistency.
- Spread between layers and over top and sides of cake.
- Garnish with nuts and blossoms if desired. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.49, Glycemic Load:35.14, Inflammation Score:-5, Nutrition Score:7.9743478609168%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 602.49kcal (30.12%), Fat: 24.87g (38.27%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 91.64g (30.55%), Net Carbohydrates: 90.32g (32.84%), Sugar: 73.66g (81.84%), Cholesterol: 101.42mg (33.81%), Sodium: 522.04mg (22.7%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 6.35g (12.7%), Selenium: 14.65µg (20.93%), Manganese: 0.38mg (18.9%), Vitamin B2: 0.25mg (14.77%), Vitamin B1: 0.21mg (14.08%), Folate: 53.73µg (13.43%), Vitamin A: 633.36IU (12.67%), Vitamin E: 1.6mg (10.65%), Phosphorus: 96.57mg (9.66%), Iron: 1.59mg (8.85%), Copper: 0.15mg (7.49%), Vitamin B3: 1.38mg (6.9%), Vitamin K: 5.57µg (5.3%), Fiber: 1.32g (5.29%), Vitamin B5: 0.49mg (4.95%), Magnesium: 19.33mg (4.83%), Calcium: 45.15mg (4.51%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.65mg (4.32%), Potassium: 122.09mg (3.49%), Vitamin B12: 0.21µg (3.43%), Vitamin C: 1.87mg (2.26%), Vitamin D: 0.33µg (2.22%)