



Pumpkin-Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



226 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 cup pumpkin canned
- 0.5 cup carrots grated
- 0.3 cup cranberries dried
- 1 large eggs

- 1 large egg white
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon orange rind grated
- 0.8 cup raisins
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil
- 2 tablespoons walnuts coarsely chopped
- 0.5 cup flour whole wheat

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours and next 4 ingredients (flours through salt).
- Place egg and egg white in a large bowl; beat with a mixer at medium speed for 30 seconds.
- Add brown sugar, pumpkin, oil, butter, and orange rind; beat until well blended.
- Add flour mixture to pumpkin mixture, stirring just until moist. Stir in raisins, carrot, and cranberries. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- Sprinkle with walnuts.

Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



PROTEIN 6.1% **FAT 30.11%** **CARBS 63.79%**

Properties

Glycemic Index:38.63, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:9.3808696373649%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 226.09kcal (11.3%), Fat: 7.94g (12.21%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 34.99g (12.72%), Sugar: 16.06g (17.84%), Cholesterol: 27.36mg (9.12%), Sodium: 189.05mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 3418.2IU (68.36%), Manganese: 0.5mg (24.92%), Selenium: 9.37µg (13.39%), Fiber: 2.83g (11.33%), Vitamin K: 9.49µg (9.04%), Vitamin B1: 0.12mg (8.07%), Iron: 1.42mg (7.89%), Phosphorus: 78.4mg (7.84%), Vitamin B2: 0.13mg (7.44%), Copper: 0.14mg (7.07%), Potassium: 226.75mg (6.48%), Magnesium: 24.53mg (6.13%), Folate: 24.35µg (6.09%), Calcium: 57.76mg (5.78%), Vitamin B3: 1.07mg (5.37%), Vitamin B6: 0.1mg (5%), Vitamin E: 0.73mg (4.9%), Vitamin C: 2.59mg (3.14%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.29mg (2.88%)