



Pumpkin Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup carrots grated
- ☐ 0.5 cup coconut or flaked
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.8 cup milk
- ☐ 8 oz pineapple — crushed drained canned
- ☐ 1.3 cups libby's® pumpkin 100% pure
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil (I think I left it out)
- ☐ 1 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350° F. Spray two 9-inch round cake pans with flour-added cooking spray.
- ☐ Combine flour, baking soda, cinnamon and salt in small bowl.
- ☐ Combine milk and lemon juice in liquid measuring cup (mixture will appear curdled). Beat eggs, pumpkin, granulated sugar, brown sugar, oil, pineapple, carrots and milk mixture in large mixer bowl; mix well. Gradually add flour mixture; beat until combined. Stir in coconut and 1 cup nuts.
- ☐ Pour into prepared cake pans.
- ☐ Bake for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool in pans for 15 minutes.
- ☐ Combine 11 ounces softened cream cheese, 1/3 cup softened butter and 3 1/2 cups sifted powdered sugar in large mixer bowl until fluffy.
- ☐ Add 1 teaspoon vanilla extract, 2 teaspoons orange juice and 1 teaspoon grated orange peel; beat until combined.

Nutrition Facts



 **PROTEIN 6.83%**  **FAT 30.46%**  **CARBS 62.71%**

Properties

Glycemic Index:27.24, Glycemic Load:30.23, Inflammation Score:-9, Nutrition Score:11.620869615804%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 356.96kcal (17.85%), Fat: 12.48g (19.21%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 55.25g (20.09%), Sugar: 38.75g (43.06%), Cholesterol: 48.33mg (16.11%), Sodium: 315.29mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Vitamin A: 2915.25IU (58.31%), Manganese: 0.67mg (33.6%), Selenium: 12.72µg (18.17%), Vitamin B1: 0.25mg (16.34%), Folate: 59.02µg (14.75%), Copper: 0.27mg (13.51%), Vitamin B2: 0.23mg (13.39%), Phosphorus: 114.69mg (11.47%), Iron: 1.88mg (10.42%), Fiber: 2.58g (10.31%), Magnesium: 33.14mg (8.28%), Vitamin B3: 1.63mg (8.16%), Vitamin B6: 0.14mg (7.18%), Potassium: 238.09mg (6.8%), Calcium: 59.74mg (5.97%), Zinc: 0.84mg (5.58%), Vitamin K: 5.54µg (5.27%), Vitamin B5: 0.5mg (5.03%), Vitamin C: 3.93mg (4.76%), Vitamin E: 0.59mg (3.96%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.42µg (2.79%)