



12%  
HEALTH SCORE

## Raw Carrot Cake

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

## Ingredients

- 4 carrots finely grated
- 1 cup raisins
- 0.3 cup apricot dried chopped
- 0.5 cup candied orange peel mixed
- 0.5 cup dates soft
- 2 cups almond flour
- 1 cup coconut flakes
- 1 cup coconut flakes
- 1 teaspoon ground ginger

1 teaspoon ground cinnamon

5 cloves

## Equipment

bowl

blender

cake form

## Directions

Pulse carrots, raisins, date paste & spices in a blender.

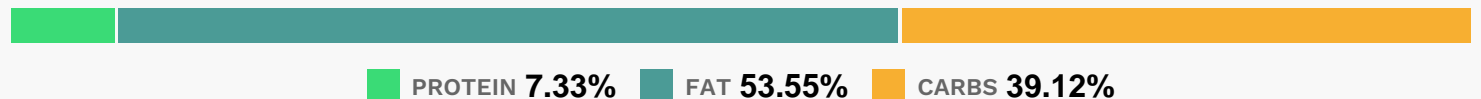
Drop in the chopped apricots, and mixed peel and pulse a couple of times.

Remove the mixture into a large bowl, along with the almond flour and desiccated coconut.

Mix well, press into place in a large cake pan, and refrigerate uncovered till it sets.

Cut into bite sized squares, frost it with whipped cream or roll them into balls and dust with desiccated coconut.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:16.75, Inflammation Score:-10, Nutrition Score:16.116086956522%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 576.39kcal (28.82%), Fat: 37.12g (57.1%), Saturated Fat: 17.6g (109.98%), Carbohydrates: 61.01g (20.34%), Net Carbohydrates: 47.79g (17.38%), Sugar: 26.09g (28.98%), Cholesterol: 0mg (0%), Sodium: 58.93mg (2.56%), Protein: 11.43g (22.86%), Vitamin A: 6993.94IU (139.88%), Manganese: 1.23mg (61.43%), Fiber: 13.21g (52.85%), Iron: 3.5mg (19.46%), Copper: 0.37mg (18.38%), Potassium: 641.09mg (18.32%), Calcium: 120.73mg (12.07%), Magnesium: 46.48mg (11.62%), Vitamin B6: 0.22mg (10.89%), Phosphorus: 103.74mg (10.37%), Selenium: 6.2µg (8.85%), Vitamin

B2: 0.11mg (6.42%), Vitamin K: 6.33µg (6.03%), Vitamin B3: 1.17mg (5.87%), Zinc: 0.8mg (5.3%), Vitamin B1: 0.08mg (5.24%), Vitamin C: 4.25mg (5.15%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.66mg (4.41%), Folate: 13.98µg (3.49%)