



WHATSheATE



Really Good Carrot Cake

READY IN



60 min.

SERVINGS



10

CALORIES



776 kcal

DESSERT

Ingredients

- ☐ 1 pound baby carrots organic peeled
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 ounces butter softened (1 stick)
- ☐ 10.8 ounces cake flour
- ☐ 8 ounce pineapple crushed drained well canned
- ☐ 2 teaspoons cinnamon
- ☐ 16 ounces cream cheese softened
- ☐ 1.5 cups brown sugar dark packed

- ☐ 5 large eggs
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 2 cups powdered sugar
- ☐ 1 Handful raisins
- ☐ 1 teaspoon salt
- ☐ 1 tablespoons cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup walnut pieces toasted chopped

Equipment

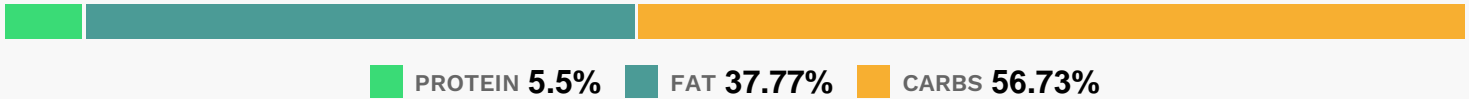
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F. Spray two 9×2-inch round metal cake pans with flour-added Pam. If you are using dark cake pans, preheat the oven to 325 degrees F.Shred carrots. Toss them with the 1 cup granulated sugar and place in a colander set over a large bowl.
- ☐ Let sugared carrots sit for about 20 minutes to drain. Press occasionally, draining out liquid until you've collected 1 cup (no need to keep it, just throw it out).Meanwhile, melt butter in a saucepan set over medium heat. Cook it until it develops a nutty aroma and starts to turn brown right around the edges.
- ☐ Pour the browned butter into a mixing bowl and let it cool for 2 minutes.
- ☐ Add the dark brown sugar to the butter and stir well. Stir in eggs, one by one, then stir in vanilla.In another bowl, stir together the flour, baking powder, baking soda, salt and cinnamon.

Add the flour mixture to the butter mixture and stir until incorporated. Stir in the sugared carrots, drained pineapple, walnuts and raisins.Divide the batter evenly between the cake pans and cook for 40–50 minute or until the cakes test done. If using two racks, switch racks halfway through so that both cakes cook evenly. Note: My cakes were done in 40 minute and I used dark pans and 325 degrees F, so check at 40 minutes.Cool the cakes on a rack for 10 minutes, then turn from pan and cool completely. Prepare icing. Beat together cream cheese and butter. Stir in sugar, vanilla and lemon juice. If you’d like some extra tartness, stir in a bit of sour cream. Beat until light and fluffy. Frost cake.

Nutrition Facts



Properties

Glycemic Index:37.99, Glycemic Load:30.67, Inflammation Score:-10, Nutrition Score:16.099565236465%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 775.64kcal (38.78%), Fat: 33.32g (51.26%), Saturated Fat: 16.44g (102.73%), Carbohydrates: 112.58g (37.53%), Net Carbohydrates: 109.12g (39.68%), Sugar: 83.14g (92.37%), Cholesterol: 163.9mg (54.63%), Sodium: 755.14mg (32.83%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 10.92g (21.84%), Vitamin A: 7307.3IU (146.15%), Manganese: 0.75mg (37.57%), Selenium: 25.3µg (36.15%), Calcium: 216.65mg (21.66%), Phosphorus: 204.59mg (20.46%), Vitamin B2: 0.29mg (16.92%), Fiber: 3.46g (13.84%), Copper: 0.27mg (13.42%), Iron: 1.96mg (10.91%), Vitamin B5: 1.08mg (10.84%), Potassium: 367.21mg (10.49%), Folate: 41.83µg (10.46%), Magnesium: 36.4mg (9.1%), Vitamin B6: 0.18mg (9%), Vitamin B1: 0.13mg (8.93%), Zinc: 1.28mg (8.53%), Vitamin E: 1.16mg (7.72%), Vitamin K: 6.73µg (6.41%), Vitamin B12: 0.34µg (5.73%), Vitamin C: 3.77mg (4.57%), Vitamin B3: 0.85mg (4.25%), Vitamin D: 0.5µg (3.33%)