

Rich Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup carrots shredded finely
- ☐ 2.5 cups carrots shredded
- ☐ 0.3 cup coconut or flaked
- ☐ 8 ounce carton cream sour
- ☐ 8 ounce cream cheese softened
- ☐ 4 eggs lightly beaten

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 16 ounce powdered sugar sifted
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2.5 teaspoons vanilla extract divided
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir well.
- ☐ Combine 1 1/2 cups sugar, sour cream, vegetable oil, eggs, and 1 1/2 teaspoons vanilla; add to flour mixture, and stir with a wire whisk until blended. Stir in 2 1/2 cups carrot, walnuts, and raisins.
- ☐ Pour batter into 2 greased and floured 9-inch square cakepans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans; let cool completely on wire racks.
- ☐ Beat cream cheese and butter at medium speed of an electric mixer until smooth. Gradually add powdered sugar, beating until well blended. Stir in remaining 1 teaspoon vanilla.
- ☐ Spread frosting between layers and on top and sides of cake.
- ☐ Combine coconut and 1/3 cup carrot; sprinkle on top of cake.

Nutrition Facts



PROTEIN 4.75% **FAT 40.18%** **CARBS 55.07%**

Properties

Glycemic Index:29.35, Glycemic Load:24.67, Inflammation Score:-10, Nutrition Score:11.396956350492%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 480.37kcal (24.02%), Fat: 22g (33.85%), Saturated Fat: 10g (62.5%), Carbohydrates: 67.85g (22.62%), Net Carbohydrates: 65.57g (23.84%), Sugar: 49.03g (54.47%), Cholesterol: 78.85mg (26.28%), Sodium: 302.13mg (13.14%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 5.85g (11.7%), Vitamin A: 4304.26IU (86.09%), Manganese: 0.5mg (25.15%), Selenium: 11.52µg (16.45%), Vitamin B2: 0.23mg (13.53%), Vitamin B1: 0.18mg (11.98%), Folate: 47.9µg (11.97%), Phosphorus: 106.81mg (10.68%), Copper: 0.19mg (9.73%), Fiber: 2.28g (9.12%), Iron: 1.45mg (8.06%), Vitamin B3: 1.33mg (6.66%), Vitamin K: 6.87µg (6.54%), Potassium: 224.82mg (6.42%), Magnesium: 25.07mg (6.27%), Vitamin B6: 0.12mg (6.22%), Calcium: 57.74mg (5.77%), Vitamin E: 0.79mg (5.27%), Vitamin B5: 0.49mg (4.94%), Zinc: 0.71mg (4.73%), Vitamin B12: 0.17µg (2.85%), Vitamin C: 1.84mg (2.23%), Vitamin D: 0.22µg (1.47%)