



Rob's Carrot Cake With Pineapple Walnuts and Raisins

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



587 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups carrots generous packed grated (, approx 2 large carrots, be)
- 1 teaspoon cinnamon
- 8 ounce cream cheese
- 2 eggs
- 1 cup flour

- 1 teaspoon ginger
- 0.5 cup powdered sugar
- 6 juice of lemon
- 0.5 optional: lemon grated
- 0.5 cup milk (just under)
- 1 teaspoon spice mixed
- 0.3 cup olive oil (sunflower, vegetable or corn, NOT olive oil)
- 1 cranberry-orange relish cut into strips
- 2 pineapple rings cut into small chunks
- 0.3 cup golden raisins
- 1 pinch salt
- 0.8 cup sugar
- 1 teaspoon vanilla essence
- 0.5 cup walnut pieces

Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- toothpicks
- skewers

Directions

- Set the oven to 180C/350F and prepare 2 7inch round cake pans by covering the base with greaseproof paper lightly greasing on both sides.Sift dry ingredients into a large mixing bowl. Dry the pineapple between pieces of kitchen roll, and put along with the lemon rind, carrot and raisins into the large bowl with the dry ingredients coating everything evenly with the flour mixture (best to use your hands).Beat the eggs into the oil and milk and add the vanilla essence.

- Pour onto dry ingredients and mix lightly but thoroughly making sure all ingredients are incorporated. Divide evenly between cake pans and bake for 25 minutes or until a toothpick or skewer comes out clean when inserted. Leave to cool in the pan for 10 mins before transferring to a wire rack to cool completely. Make the icing by beating together the cream cheese, sugar and lemon juice until smooth.
- Spread a very thin layer in the middle of the cake, and use the rest to ice the top.
- Put the orange rind in the middle of the cake as decoration.

Nutrition Facts



■ **PROTEIN 6.28%**
■ **FAT 45.98%**
■ **CARBS 47.74%**

Properties

Glycemic Index: 85.6, Glycemic Load: 34.82, Inflammation Score: -10, Nutrition Score: 18.53043466029%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg, Eriodictyol: 3.39mg Hesperetin: 12.8mg, Hesperetin: 12.8mg, Hesperetin: 12.8mg, Hesperetin: 12.8mg Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 586.52kcal (29.33%), Fat: 30.99g (47.68%), Saturated Fat: 10.41g (65.05%), Carbohydrates: 72.39g (24.13%), Net Carbohydrates: 68.69g (24.98%), Sugar: 48.44g (53.82%), Cholesterol: 95.18mg (31.73%), Sodium: 431.8mg (18.77%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 9.52g (19.04%), Vitamin A: 6031.91IU (120.64%), Vitamin C: 32.1mg (38.91%), Manganese: 0.68mg (33.75%), Selenium: 16.26µg (23.23%), Vitamin B2: 0.36mg (20.98%), Folate: 78.86µg (19.72%), Vitamin B1: 0.29mg (19.61%), Phosphorus: 188mg (18.8%), Calcium: 157.6mg (15.76%), Fiber: 3.7g (14.8%), Vitamin E: 2.2mg (14.67%), Copper: 0.28mg (14.19%), Potassium: 426.73mg (12.19%), Iron: 2.14mg (11.91%), Vitamin B6: 0.23mg (11.73%), Vitamin K: 11.41µg (10.87%), Magnesium: 42.15mg (10.54%), Vitamin B3: 1.96mg (9.79%), Vitamin B5: 0.87mg (8.72%), Zinc: 1.08mg (7.19%), Vitamin B12: 0.32µg (5.39%), Vitamin D: 0.52µg (3.45%)