



# Rum Raisin Carrot Cake with Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



1218 kcal

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 0.5 cup buttermilk
- 1 pound carrots shredded peeled
- 1 teaspoon cinnamon
- 2 cups powdered sugar
- 16 ounces cream cheese softened

- 0.5 cup rum dark
- 0.5 cup rum dark
- 4 large eggs
- 2 cups flour all-purpose
- 1 orange zest
- 0.5 cup pecans chopped
- 4 ounces pecans
- 1 cup raisins
- 1 teaspoon salt
- 2 cups sugar
- 2 sticks butter unsalted softened
- 1 tablespoon vanilla extract pure
- 1.5 teaspoons vanilla extract pure
- 1 cup vegetable oil

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer

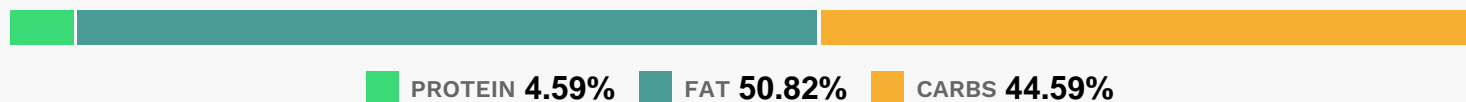
## Directions

- Soak raisins in rum, preferably overnight, until raisins are nice and plump. Preheat the oven to 32
- Spread the pecans on a baking sheet and toast for 8 minutes, until fragrant. Cool and finely chop. In a bowl, whisk the flour, baking powder, baking soda, cinnamon and salt. In a small bowl, whisk the oil, buttermilk and vanilla. In a large bowl, using an electric mixer, beat the eggs and sugar at high speed until pale, 5 minutes. Beat in the liquid ingredients, then beat in the dry

ingredients just until moistened. Stir in the carrots, pecans and raisins. Divide the batter between the pans and bake the cakes for 55 minutes to 1 hour, until springy and golden.

- Let the cakes cool on a rack for 30 minutes, then unmold the cakes and let cool completely. For the Frosting: In a large bowl, using an electric mixer, beat the butter and cream cheese at high speed until light, about 5 minutes. Beat in the vanilla and orange zest, then the confectioners' sugar; beat at low speed until incorporated. Increase the speed to high and beat until light and fluffy, about 3 minutes. Peel off the parchment paper and invert one cake layer onto a plate.
- Spread with a slightly rounded cup of the frosting. Top with the second cake layer, right side up.
- Spread the top and sides with the remaining frosting and refrigerate the cake until chilled, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index: 56.97, Glycemic Load: 63.01, Inflammation Score: -10, Nutrition Score: 23.887391304348%

## Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 1217.84kcal (60.89%), Fat: 66.56g (102.4%), Saturated Fat: 29.26g (182.88%), Carbohydrates: 131.37g (43.79%), Net Carbohydrates: 125.4g (45.6%), Sugar: 86.12g (95.69%), Cholesterol: 212.65mg (70.88%), Sodium: 949.18mg (41.27%), Alcohol: 10.84g (60.21%), Protein: 13.53g (27.06%), Vitamin A: 11118.12IU (222.36%), Manganese: 1.36mg (68.03%), Selenium: 25.45µg (36.36%), Vitamin B2: 0.55mg (32.22%), Vitamin B1: 0.48mg (31.8%), Phosphorus: 278.75mg (27.87%), Fiber: 5.97g (23.89%), Folate: 92.04µg (23.01%), Copper: 0.43mg (21.49%), Vitamin K: 21.7µg (20.67%), Calcium: 201.11mg (20.11%), Iron: 3.33mg (18.53%), Potassium: 597.06mg (17.06%), Vitamin E: 2.56mg (17.05%), Vitamin B3: 2.98mg (14.88%), Magnesium: 55.72mg (13.93%), Zinc: 2.06mg (13.72%),

Vitamin B5: 1.28mg (12.85%), Vitamin B6: 0.25mg (12.73%), Vitamin C: 6.6mg (8.01%), Vitamin B12: 0.46µg (7.74%),  
Vitamin D: 1.12µg (7.46%)