



## Shortcut Carrot Cake

READY IN



55 min.

SERVINGS



18

CALORIES



708 kcal

DESSERT

## Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 0.5 lb carrots shredded
- ☐ 16 ounce cream cheese softened
- ☐ 3 eggs for by your cake mix (or as called )
- ☐ 8 ounce cool whip topping thawed
- ☐ 0.3 cup oil for by your cake mix (or as called )
- ☐ 1 cup pecans divided chopped
- ☐ 2 cups powdered sugar
- ☐ 18 ounce spice cake mix

☐ 1.3 cups water for by your cake mix (or as called )

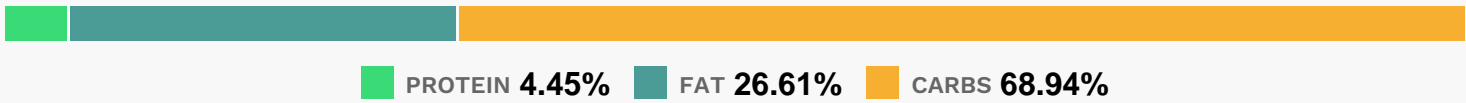
## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ PREHEAT oven to 350°F, and spray baking pans with cooking spray. Preheat oven to 350°F.2 Prepare cake mix batter as directed on package, stirring in carrots, pineapple and 3/4 cup of the pecans until well blended.3
- ☐ Pour into 2 (9-inch) square baking pans.4
- ☐ Bake 25 to 30 minute or until toothpick inserted in centers comes out clean. Cool.5 MEANWHILE, beat cream cheese and sugar with electric mixer or wire whisk until well blended.6 Stir in whipped topping until well blended.7 PLACE 1 cake layer on serving plate.8
- ☐ Spread with 1-1/2 cups of the cream cheese mixture.9 Carefully place second cake layer on top of first cake layer.10 Frost top and sides of cake with remaining cream cheese mixture.11
- ☐ Garnish with remaining 1/4 cup pecans.12 Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.66, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:15.952608782312%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 708.47kcal (35.42%), Fat: 21.3g (32.76%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 124.16g (41.39%), Net Carbohydrates: 121.44g (44.16%), Sugar: 73.84g (82.05%), Cholesterol: 27.47mg (9.16%), Sodium: 975mg (42.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin A: 2475.94IU (49.52%), Phosphorus: 457.92mg (45.79%), Manganese: 0.66mg (32.8%), Calcium: 293.76mg (29.38%), Vitamin B1: 0.4mg (26.57%), Vitamin B2: 0.44mg (25.93%), Folate: 93.07µg (23.27%), Iron: 3.54mg (19.69%), Selenium: 12.09µg (17.28%), Vitamin B3: 3.4mg (17.01%), Copper: 0.25mg (12.51%), Fiber: 2.73g (10.91%), Vitamin E: 1.32mg (8.82%), Potassium: 286.44mg (8.18%), Magnesium: 30.93mg (7.73%), Zinc: 1.04mg (6.96%), Vitamin K: 7.04µg (6.7%), Vitamin B5: 0.59mg (5.9%), Vitamin B6: 0.11mg (5.44%), Vitamin B12: 0.24µg (4.03%), Vitamin C: 2.05mg (2.49%)