



Sigrid's Carrot Cake

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



642 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 stick butter softened
- 12 servings butter for greasing
- 2 cups carrots grated
- 8 ounces cream cheese softened
- 2 cups flour for dusting all-purpose plus more
- 2 cups granulated sugar

- 1 teaspoon ground cinnamon
- 1 cup pecans chopped finely
- 1 pound powdered sugar
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 4 eggs whole

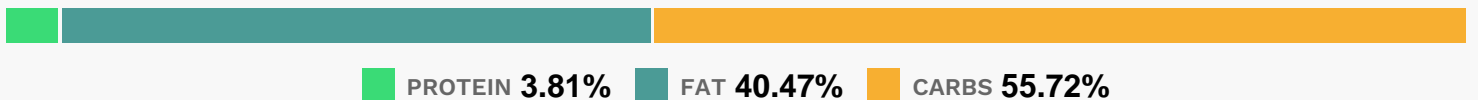
Equipment

- bowl
- oven
- kugelhopf pan

Directions

- Watch how to make this recipe.
- For the cake: Preheat the oven to 350 degrees F.
- Mix together the granulated sugar, oil and eggs in a large bowl. In another bowl, sift together the flour, baking powder, baking soda, cinnamon and salt.
- Add the flour mixture to the sugar mixture and combine. Then add the carrots and mix well.
- Pour the batter into a greased and floured Bundt pan and bake until done, about 50 minutes. Leave to cool completely.
- Meanwhile, for the icing: In a larger bowl, cream the butter and cream cheese together.
- Add the powdered sugar and vanilla and blend. Then mix in the pecans.
- Spread the icing on the cooled carrot cake.
- Eat. Faint. Repeat as needed.

Nutrition Facts



Properties

Glycemic Index:35.49, Glycemic Load:35.86, Inflammation Score:-10, Nutrition Score:12.281304354253%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 642.08kcal (32.1%), Fat: 29.53g (45.42%), Saturated Fat: 12.79g (79.94%), Carbohydrates: 91.48g (30.49%), Net Carbohydrates: 89.44g (32.52%), Sugar: 72.49g (80.55%), Cholesterol: 104.64mg (34.88%), Sodium: 412.6mg (17.94%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 6.25g (12.49%), Vitamin A: 4262.35IU (85.25%), Manganese: 0.58mg (29.19%), Selenium: 14.1µg (20.15%), Vitamin B1: 0.24mg (16.21%), Vitamin B2: 0.26mg (15.04%), Folate: 53.03µg (13.26%), Phosphorus: 112.99mg (11.3%), Vitamin K: 11.35µg (10.81%), Iron: 1.61mg (8.96%), Fiber: 2.04g (8.16%), Vitamin E: 1.22mg (8.14%), Copper: 0.16mg (7.93%), Vitamin B3: 1.58mg (7.88%), Calcium: 68.05mg (6.8%), Zinc: 0.88mg (5.86%), Vitamin B5: 0.57mg (5.7%), Magnesium: 21.15mg (5.29%), Potassium: 176.25mg (5.04%), Vitamin B6: 0.09mg (4.62%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.36mg (1.64%)