



Singapore "Carrot Cake"



Vegetarian



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



466 kcal

Ingredients

- ☐ 1 pound daikon chinese (also called radish or luo bo)
- ☐ 6 large eggs
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 2 tablespoons garlic chopped
- ☐ 2 cups ground rice flour sweet finely (not ; an Asian brand such as Erawan)
- ☐ 2 teaspoons salt
- ☐ 0.3 cup scallions chopped
- ☐ 1.5 teaspoons sriracha plus additional for serving (Southeast Asian chile sauce)
- ☐ 0.3 cup soya sauce sweet thick (Indonesian soy sauce)

- ☐ 7 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 1 teaspoon pepper white

Equipment

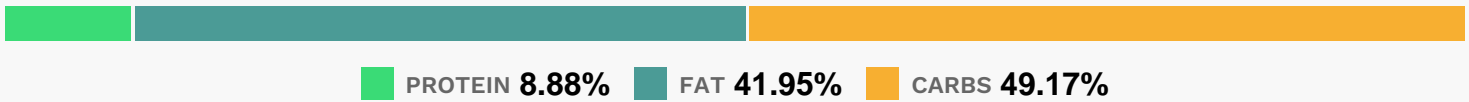
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ cake form
- ☐ wok
- ☐ cutting board
- ☐ oven mitt

Directions

- ☐ Oil bottom and side of a 9-inch round cake pan.
- ☐ Peel daikon, then shred in a food processor fitted with medium shredding disk. Reserve any liquid.
- ☐ Heat wok over high heat until a drop of water evaporates instantly.
- ☐ Pour 3 tablespoons oil down side of wok, then tilt wok to swirl, coating side. When oil begins to smoke, add daikon with any liquid, 1 teaspoon salt, and 1/2 teaspoon pepper and stir-fry 3 minutes. Cover and cook over moderately low heat, stirring and breaking up daikon occasionally, until daikon is very tender, about 15 minutes.
- ☐ Whisk together rice flour and water in a large bowl until smooth, then stir in daikon (mixture will be lumpy) and pour into cake pan.

- ☐ Set a steamer rack inside cleaned wok and fill wok with water (not above steamer rack), then bring to a boil. Reduce heat to moderate and steam cake in pan on rack, covered, 1 hour (replenish water as necessary). Wearing oven mitts, transfer pan to a cooling rack and cool about 1 1/2 hours. Wrap pan tightly with plastic wrap and chill at least 8 hours.
- ☐ Run a knife along edge of cake to loosen, then invert onto a cutting board, rapping on bottom of pan until cake is released. Blot with paper towels.
- ☐ Cut cake into 1/2-inch cubes.
- ☐ Beat together eggs, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl.
- ☐ Heat dried wok over high heat until a drop of water evaporates instantly.
- ☐ Pour remaining 4 tablespoons oil down side of wok, then tilt wok to swirl, coating side. When oil begins to smoke, add cake cubes, garlic, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper and stir-fry, letting cake rest on bottom and sides of wok about 10 seconds between stirs, until golden brown, 8 to 10 minutes. (Cubes will soften and may stick to wok. Scrape brown bits from bottom of wok and continue stir-frying.)
- ☐ Add eggs to wok and stir-fry until eggs are just set, about 1 minute. Stir in ketjap manis, sambal oelek, and scallions, then transfer to a serving dish and scatter cilantro on top.
- ☐ Serve with additional sambal oelek.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:29.11, Inflammation Score:-4, Nutrition Score:14.395217232082%

Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 465.95kcal (23.3%), Fat: 21.49g (33.07%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 53.89g (19.6%), Sugar: 9.38g (10.42%), Cholesterol: 186mg (62%), Sodium: 1068.16mg (46.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.48%), Vitamin K: 42.38µg (40.37%), Manganese: 0.76mg (37.82%), Selenium: 24.36µg (34.8%), Vitamin C: 19.43mg (23.55%), Vitamin B6: 0.39mg (19.59%), Phosphorus: 175.61mg (17.56%), Vitamin B2: 0.26mg (15.56%), Vitamin B5: 1.34mg (13.35%), Vitamin E:

1.94mg (12.94%), Folate: 50.47µg (12.62%), Copper: 0.22mg (11.16%), Fiber: 2.78g (11.13%), Magnesium: 39.77mg (9.94%), Potassium: 312.13mg (8.92%), Iron: 1.56mg (8.65%), Zinc: 1.25mg (8.36%), Vitamin B3: 1.63mg (8.14%), Vitamin A: 403.38IU (8.07%), Vitamin B1: 0.12mg (7.84%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Calcium: 66.27mg (6.63%)