



Sister Beth's Carrot Cake

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



474 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 5 tablespoons butter softened
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 2 cups carrots shredded
- ☐ 1 cup coconut or shredded
- ☐ 1 cup confectioners' sugar
- ☐ 4 ounce cream cheese softened
- ☐ 3 eggs beaten

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1 dash vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease and flour a 9x13-inch baking pan.
- ☐ Whisk vegetable oil, white sugar, eggs, and 1 teaspoon vanilla extract together in a bowl until smooth.
- ☐ Combine flour, cinnamon, baking soda, and salt in a separate bowl.
- ☐ Stir oil mixture into flour mixture until a well-mixed batter forms.
- ☐ Fold carrots, pineapple, coconut, and walnuts into batter; pour into prepared baking pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 1 hour; cool completely, about 1 hour.
- ☐ Whisk confectioners' sugar, cream cheese, butter, and a dash vanilla extract together in a bowl until well blended; spread over cooled cake.

Nutrition Facts



 **PROTEIN 5.06%**  **FAT 39.86%**  **CARBS 55.08%**

Properties

Glycemic Index:25.33, Glycemic Load:35.77, Inflammation Score:-10, Nutrition Score:12.4099999971804%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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: 474.11kcal (23.71%), Fat: 21.64g (33.29%), Saturated Fat: 8.43g (52.66%), Carbohydrates: 67.29g (22.43%), Net Carbohydrates: 64.45g (23.44%), Sugar: 47.89g (53.21%), Cholesterol: 63.01mg (21%), Sodium: 385.21mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin A: 3908.42IU (78.17%), Manganese: 0.67mg (33.5%), Selenium: 12.83µg (18.33%), Vitamin B1: 0.24mg (16.1%), Folate: 60.63µg (15.16%), Copper: 0.26mg (12.89%), Vitamin B2: 0.22mg (12.8%), Fiber: 2.84g (11.34%), Phosphorus: 106.06mg (10.61%), Vitamin K: 10.71µg (10.2%), Iron: 1.79mg (9.92%), Vitamin B3: 1.66mg (8.31%), Magnesium: 30.01mg (7.5%), Vitamin B6: 0.13mg (6.67%), Potassium: 212.13mg (6.06%), Vitamin E: 0.88mg (5.86%), Zinc: 0.8mg (5.31%), Vitamin B5: 0.46mg (4.55%), Calcium: 44.3mg (4.43%), Vitamin C: 3.39mg (4.11%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.22µg (1.47%)