

Skinny Carrot Cake

READY IN



130 min.

SERVINGS



16

CALORIES



285 kcal

DESSERT

Ingredients

- 0.5 cup eggs fat-free
- 0.3 cup canola oil
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 cup skim milk fat-free (skim)
- 1 teaspoon vanilla
- 1 cup flour all-purpose
- 0.5 cup flour whole wheat
- 1.3 cups granulated sugar
- 1.5 teaspoons double-acting baking powder

- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 2 cups carrots shredded (4 medium)
- 2 tablespoons butter 68% softened
- 1.5 teaspoons vanilla
- 3 cups powdered sugar
- 0.5 teaspoons skim milk fat-free (skim)
- 0.3 cup pecans chopped

Equipment

- bowl
- oven
- knife
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Spray bottoms only of two 8-inch round cake pans with cooking spray. In large bowl, mix egg product, oil, pumpkin, 1/4 cup milk and 1 teaspoon vanilla with electric mixer on low speed until well blended.
- Add all remaining cake ingredients except carrots. Beat on low speed 30 seconds or until well blended. Stir in carrots.
- Pour batter evenly into pans.
- Bake 28 to 33 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Carefully run knife around sides of pans to loosen; remove from pans to cooling racks. Cool completely, about 1 hour.
- In medium bowl, beat cream cheese and butter with electric mixer on medium speed until creamy. On low speed, beat in 1 1/2 teaspoons vanilla until well blended. Beat in powdered sugar, 1 cup at a time, until smooth. If necessary, add milk, 1/2 teaspoon at a time, until frosting is desired consistency.

Spread frosting between cake layers and on top.

Sprinkle with pecans.

Nutrition Facts

PROTEIN 3.89% **FAT 26.82%** **CARBS 69.29%**

Properties

Glycemic Index:22.84, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:7.8639130229535%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 285.48kcal (14.27%), Fat: 8.7g (13.39%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 48.76g (17.73%), Sugar: 38.8g (43.11%), Cholesterol: 28.37mg (9.46%), Sodium: 162.86mg (7.08%), Alcohol: 0.22g (100%), Alcohol %: 0.29% (100%), Protein: 2.84g (5.68%), Vitamin A: 3253.62IU (65.07%), Manganese: 0.39mg (19.58%), Selenium: 7.78µg (11.11%), Vitamin E: 1.12mg (7.49%), Vitamin B1: 0.11mg (7.48%), Fiber: 1.85g (7.38%), Vitamin B2: 0.11mg (6.6%), Phosphorus: 64.32mg (6.43%), Folate: 25.13µg (6.28%), Vitamin K: 5.69µg (5.42%), Iron: 0.87mg (4.86%), Calcium: 45.82mg (4.58%), Vitamin B3: 0.87mg (4.34%), Copper: 0.07mg (3.71%), Magnesium: 14.16mg (3.54%), Vitamin B6: 0.07mg (3.52%), Vitamin B5: 0.32mg (3.17%), Potassium: 110.69mg (3.16%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.09µg (1.54%), Vitamin C: 1.18mg (1.43%), Vitamin D: 0.2µg (1.3%)