



Spiced Walnut Carrot Cake with Pineapple



Vegetarian



Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2.5 cups carrots grated
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup coconut or shredded
- ☐ 4 eggs
- ☐ 2 cups flour
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon nutmeg

- ☐ 1 cup pineapple fresh canned chopped
- ☐ 10 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1.5 cups vegetable oil
- ☐ 1.5 cups walnut pieces

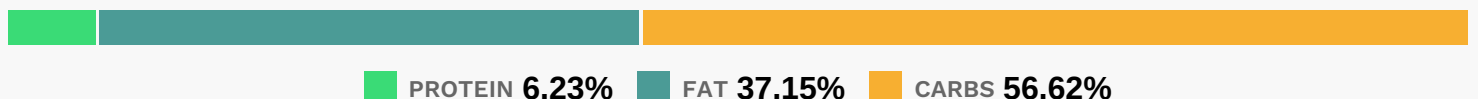
Equipment

- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large mixing bowl, toss together the carrots, walnuts, pineapple, raisins, and coconut with 1/2 cup of the flour to coat them and keep them from sinking to the bottom of the cake batter.
- ☐ Sift together the remaining 1 1/2 cups flour, cinnamon, nutmeg, baking soda, and salt.
- ☐ In a mixer with a whip attachment, mix the eggs and sugar until light and fluffy (the "ribbon" stage) then drizzle in the vegetable oil. Fold in the dry ingredients and pour over the carrot mixture. Fold carefully to blend, then pour the batter into a buttered, floured 10 by 3-inch cake pan containing a circle of parchment paper in the bottom.
- ☐ Bake until firm to the touch in the center, about 1 to 1 1/4 hours.
- ☐ Let cool on a rack and then turn out. Dust the top with powdered sugar and cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:42.29, Inflammation Score:-10, Nutrition Score:17.698260877443%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 532.98kcal (26.65%), Fat: 22.88g (35.2%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 78.47g (26.16%), Net Carbohydrates: 73.96g (26.89%), Sugar: 51.57g (57.3%), Cholesterol: 65.47mg (21.82%), Sodium: 387.11mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Vitamin A: 5454.8IU (109.1%), Manganese: 1.06mg (52.98%), Selenium: 16µg (22.85%), Copper: 0.45mg (22.7%), Vitamin B1: 0.31mg (20.64%), Folate: 80.82µg (20.21%), Fiber: 4.52g (18.06%), Vitamin B2: 0.29mg (17.02%), Vitamin K: 17.63µg (16.79%), Phosphorus: 161.22mg (16.12%), Iron: 2.64mg (14.65%), Magnesium: 49.96mg (12.49%), Vitamin B6: 0.24mg (12.24%), Vitamin B3: 2.27mg (11.34%), Potassium: 392.79mg (11.22%), Zinc: 1.19mg (7.91%), Vitamin E: 1.12mg (7.46%), Vitamin B5: 0.61mg (6.12%), Calcium: 57.71mg (5.77%), Vitamin C: 4.56mg (5.53%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%)