



Spring Celebration Carrot Cake

 Vegetarian

READY IN



155 min.

SERVINGS



12

CALORIES



543 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 8 ounce carrot baby food pureed
- 1.5 cups carrots fresh grated (2 large)
- 2 cups confectioners' sugar
- 16 ounce cream cheese at room temperature (1 pound)
- 4 large eggs
- 0.3 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 0.5 teaspoon ground ginger
- 1.5 tablespoons lemon zest finely grated (2 lemons)
- 0.5 teaspoon nutmeg freshly grated
- 0.5 cup pineapple fresh finely chopped (see Cooks Note)
- 1.5 cups pineapple fresh
- 0.5 teaspoon salt fine
- 1.5 cups sugar
- 12 tablespoons butter unsalted cubed at room temperature ()
- 1 teaspoon vanilla extract pure
- 1.3 cups vegetable oil
- 0.5 cup walnut pieces

Equipment

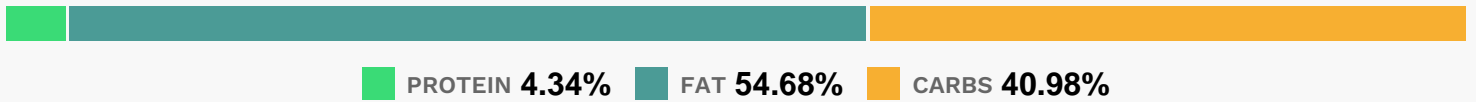
- bowl
- baking paper
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 350 degrees F. Butter 2 (8-inch) square cake pans, line them with buttered parchment paper, and dust with flour.
- Toss the carrots, walnuts and 1/2 cup pineapple with 3/4 cup of the flour in a small bowl and set aside.
- Whisk the remaining 1 1/2 cups flour, cinnamon, nutmeg, ginger, baking soda, baking powder and salt together in a medium bowl.
- In another large bowl beat the eggs and sugar with an electric mixer until thick and light, about 5 minutes. While continuing to beat the eggs slowly, gradually add the oil, and then the pureed carrot.

- Scatter the dry ingredients over the wet and then gently fold them together to make a loose batter. Gently fold the nuts, carrots, and pineapple into the batter.
- Pour into the prepared pans.
- Bake the cakes until firm to the touch and a cake tester comes out clean, about 45 minutes. Cool cakes in pans on a rack for 25 minutes. Turn cakes out of pans and cool completely on the rack.
- Beat cream cheese in a large bowl, with an electric mixer until smooth and fluffy. Gradually beat in the butter until smooth. Sift the sugar over the cream cheese, and beat until smooth.
- Add the lemon zest and vanilla extract and beat until light and fluffy. Refrigerate to set slightly for about 20 minutes.
- To assemble the cake, place a cake layer on a cake stand, plate, or cake board.
- Spread about half of the icing over top, but leave the sides bare.
- Sprinkle icing with about half of the pineapple. Top with a second cake layer, and repeat with remaining icing and pineapple.
- Serve.

Nutrition Facts



Properties

Glycemic Index:39.84, Glycemic Load:22.54, Inflammation Score:-10, Nutrition Score:13.009130446807%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 542.98kcal (27.15%), Fat: 33.93g (52.19%), Saturated Fat: 16.38g (102.39%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 55.16g (20.06%), Sugar: 50.61g (56.23%), Cholesterol: 130.28mg (43.43%), Sodium: 357.29mg (15.53%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 6.06g (12.13%), Vitamin A: 6796.24IU (135.92%), Manganese: 0.59mg (29.48%), Vitamin C: 16.25mg (19.7%), Vitamin K: 15.22µg (14.49%), Selenium: 10.03µg (14.32%), Vitamin B2: 0.23mg (13.35%), Phosphorus: 111.54mg (11.15%), Vitamin E: 1.48mg (9.85%), Folate: 32.97µg (8.24%), Fiber: 2.04g (8.18%), Vitamin B6: 0.16mg (7.94%), Copper: 0.15mg (7.74%), Calcium: 74.76mg

(7.48%), Potassium: 247.64mg (7.08%), Vitamin B5: 0.68mg (6.84%), Vitamin B1: 0.1mg (6.58%), Magnesium: 22.13mg (5.53%), Zinc: 0.72mg (4.8%), Iron: 0.86mg (4.79%), Vitamin B12: 0.26µg (4.25%), Vitamin B3: 0.76mg (3.8%), Vitamin D: 0.54µg (3.62%)