



Sugar-free carrot cake

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 100 g pecans
- ☐ 140 g self raising flour
- ☐ 2 tsp ground cinnamon
- ☐ 1 tsp baking soda
- ☐ 140 g powdered xylitol
- ☐ 2 large eggs at room temperature ()
- ☐ 140 ml canola oil
- ☐ 175 g carrots grated

☐ 100 g golden raisins

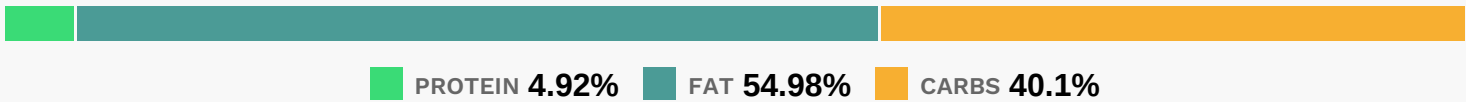
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat the oven to 180C/ 160C fan/ Gas mark
- ☐ Grease and line an 18cm round cake tin with baking parchment. Set aside 12 pecans and roughly chop the rest.
- ☐ In a large bowl, mix together the flour, cinnamon, bicarbonate of soda, xylitol and chopped pecans.
- ☐ In a separate bowl or jug, beat the eggs and rapeseed oil together.
- ☐ Pour into the flour mixture and stir until combined. Stir through the carrot and sultanas. Spoon into the lined tin, smooth the surface and press whole pecans to form a circle around the edge.
- ☐ Cook for 1 hour – 1 hour 10 mins until the top feels springy to the touch and a skewer inserted into the cake comes out clean. Check after 50 mins, if the cake is becoming too dark, cover loosely with foil. Cool on a wire rack for 10 minutes, then turn out and allow to cool.
- ☐ Serve slightly warm or cold. This cake keeps for up to five days in a tin. Before serving, drizzle with agave syrup if you have a sweet tooth.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:19.11, Inflammation Score:-10, Nutrition Score:16.127391265786%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 541.29kcal (27.06%), Fat: 36.22g (55.73%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 32g (11.64%), Sugar: 12.06g (13.4%), Cholesterol: 62mg (20.67%), Sodium: 256.11mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin A: 4974.94IU (99.5%), Manganese: 1.18mg (59.19%), Vitamin E: 4.6mg (30.67%), Selenium: 15.19µg (21.7%), Vitamin K: 21.16µg (20.15%), Copper: 0.33mg (16.55%), Fiber: 4.1g (16.41%), Phosphorus: 131.73mg (13.17%), Vitamin B1: 0.16mg (10.41%), Potassium: 336.07mg (9.6%), Vitamin B2: 0.16mg (9.47%), Magnesium: 37.85mg (9.46%), Zinc: 1.31mg (8.72%), Vitamin B6: 0.17mg (8.37%), Iron: 1.38mg (7.67%), Folate: 25.29µg (6.32%), Vitamin B5: 0.61mg (6.08%), Calcium: 51.64mg (5.16%), Vitamin B3: 0.93mg (4.65%), Vitamin C: 2.47mg (2.99%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)