







Sugar Free, Fat Free Vegan Carrot Cake

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



55 min.

SERVINGS



6

CALORIES



494 kcal

Ingredients

- 1 teaspoon allspice powder
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup carrot juice (or any other juice)
- 1 cup carrots (shredded)
- 1.3 cups dates (chopped)
- 6 servings (some more juice depending upon the consistency of the batter as needed)
- 1 cup raisins
- 0.3 teaspoon salt

- 1 cup walnuts chopped
- 1.3 cups water
- 2 cups flour whole wheat

Equipment

- bowl
- sauce pan
- baking paper
- oven
- toothpicks
- cake form

Directions

- Preheat oven for 15 minutes at 375F/190C. Lightly grease and line an 8 or 9 inch cake pan. Sift together the flour, baking soda and powder and salt; set aside. In a saucepan, combine together the water, dates, raisins and allspice powder. Bring to a boil, reduce heat and simmer for 5 minutes.
- Place the shredded carrots in a large bowl.
- Pour the hot liquid mixture on top of it and let it cool completely. Once it is cool add the chopped walnuts and carrot juice; combine it well.
- Add the dry ingredients to the wet ingredients and stir well together.
- Pour the batter in the prepared pan and bake for 45 minutes or until a toothpick inserted in the center of the cake comes out clean. Mine was done in about 40 minutes itself. If you have lined the cake pan with parchment paper you will be able to remove the cake just after 20 minutes. On the other hand if you have just greased the pan, it might take a couple of hours before you could remove the cake from the pan without breaking. This sugar free cake tasted absolutely delicious without frosting, but if you choose to frost wait for the cake to cool completely and frost it with your favorite frosting.

Nutrition Facts

PROTEIN 7.56% **FAT 24.02%** **CARBS 68.42%**

Properties

Glycemic Index:61.4, Glycemic Load:28.13, Inflammation Score:-10, Nutrition Score:23.92347827165%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 494.15kcal (24.71%), Fat: 14.23g (21.89%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 91.2g (30.4%), Net Carbohydrates: 80.5g (29.27%), Sugar: 33.64g (37.38%), Cholesterol: 0mg (0%), Sodium: 389.63mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.15%), Manganese: 2.59mg (129.37%), Vitamin A: 6084.93IU (121.7%), Fiber: 10.71g (42.82%), Selenium: 26.98µg (38.54%), Copper: 0.65mg (32.53%), Magnesium: 117.8mg (29.45%), Phosphorus: 284.09mg (28.41%), Potassium: 867.9mg (24.8%), Vitamin B1: 0.36mg (24.2%), Vitamin B6: 0.44mg (22.23%), Iron: 3.32mg (18.43%), Vitamin B3: 3.22mg (16.1%), Zinc: 1.88mg (12.56%), Folate: 47.95µg (11.99%), Vitamin B2: 0.2mg (11.79%), Calcium: 114.52mg (11.45%), Vitamin B5: 0.69mg (6.93%), Vitamin K: 6.96µg (6.63%), Vitamin C: 5.31mg (6.44%), Vitamin E: 0.74mg (4.94%)