



Sweet Baby Jack Carrot Cake

 Vegetarian

READY IN



55 min.

SERVINGS



16

CALORIES



458 kcal

DESSERT

Ingredients

- 0.5 cup butter softened ()
- 16 servings butter for greasing pans
- 8 ounce strained carrot baby food
- 16 ounce confectioners' sugar
- 8 ounce cream cheese softened
- 4 eggs
- 2 cups granulated sugar
- 2 teaspoons ground cinnamon

- 2 cups self-rising flour
- 1 teaspoon vanilla extract pure
- 1.5 cups vegetable oil

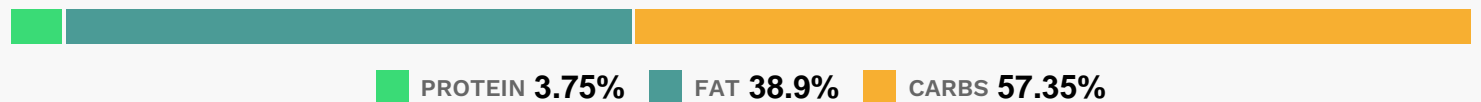
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 325 degrees F. Grease and flour 3 (8 or 9-inch) cake pans.
- Mix together the flour, cinnamon and sugar in a large bowl.
- Add the remaining ingredients and blend well with a handheld electric mixer for about 2 minutes.
- Pour batter into prepared pans.
- Bake for 25 to 30 minutes, or until golden brown. Allow to cool in pan for 5 minutes. Invert onto lint-free dishcloth, or waxed paper, and allow to cool completely.
- Mix all ingredients with handheld electric mixer and blend until smooth and creamy.
- Frost layers, top, and sides of cooled cake.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:25.46, Inflammation Score:-9, Nutrition Score:6.617826052334%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 458.27kcal (22.91%), Fat: 20.19g (31.07%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 66.08g (24.03%), Sugar: 54.01g (60.02%), Cholesterol: 81.24mg (27.08%), Sodium: 148.85mg (6.47%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.37g (8.75%), Vitamin A: 2921.08IU (58.42%), Selenium: 11.26µg (16.09%), Vitamin K: 10.69µg (10.18%), Manganese: 0.19mg (9.75%), Vitamin B2: 0.12mg (6.77%), Vitamin E: 1.01mg (6.76%), Phosphorus: 60.14mg (6.01%), Vitamin B5: 0.37mg (3.71%), Folate: 14.67µg (3.67%), Fiber: 0.9g (3.62%), Calcium: 32.9mg (3.29%), Potassium: 100.29mg (2.87%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.64%), Copper: 0.05mg (2.5%), Vitamin B12: 0.15µg (2.49%), Iron: 0.45mg (2.47%), Magnesium: 8.62mg (2.16%), Vitamin B1: 0.03mg (2.01%), Vitamin B3: 0.33mg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin C: 0.85mg (1.03%)