



## The Ultimate Carrot Cake

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



688 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 0.5 cup butter
- 1 cup buttermilk
- 1 lb carrots grated
- 2 teaspoons cinnamon
- 1.5 cups coconut flakes flaked
- 16 ounce powdered sugar

- 8 ounce cream cheese
- 4 large eggs
- 0.7 cup flour
- 0.3 teaspoon ginger
- 0.5 teaspoon nutmeg
- 2 teaspoons orange zest
- 12 ounce pecans
- 1 cup pecans chopped
- 0.5 cup raisins
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract pure
- 1.5 teaspoons vanilla extract pure
- 0.8 cup vegetable oil
- 1 cup granulated sugar white
- 1.5 cups flour whole wheat

## Equipment

- bowl
- frying pan
- baking paper
- oven
- toothpicks
- wax paper

## Directions

- Preheat oven to 350 degrees. Sift together the flours, baking soda, cinnamon, salt, nutmeg, and ginger onto a sheet of waxed paper.
- Mix the sugars together in a large bowl. Stir in the buttermilk, oil, eggs, and vanilla. Stir in the flour mixture, grated carrots, chopped pecans, coconut and raisins. Stir until well

blended.Grease and flour three 9 inch round cake pans.Line each prepared pan with wax or parchment paper that has also been greased and waxed.

- Pour equal amounts into each of the cake pans.
- Bake in preheated oven for 30 minutes or until a toothpick inserted in the middle of each comes out clean.
- Remove from oven and let stand for 10 minutes.Turn out onto cooling racks, remove wax paper and allow to cool completely.In a large bowl beat the butter and cream cheese together until light.
- Add the confectioners sugar, orange peel and vanilla mixing until smooth.
- Spread frosting between layers and stack evenly.Frost the top and sides of cake.Decorate with perfect pecan halves.

## Nutrition Facts

 **PROTEIN 4.77%**  **FAT 50.44%**  **CARBS 44.79%**

### Properties

Glycemic Index:29.3, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:20.105217394621%

### Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 688.22kcal (34.41%), Fat: 40.21g (61.86%), Saturated Fat: 13.88g (86.77%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 73.74g (26.81%), Sugar: 58.06g (64.51%), Cholesterol: 77.72mg (25.91%), Sodium: 361.85mg (15.73%), Alcohol: 0.22g (100%), Alcohol %: 0.14% (100%), Protein: 8.55g (17.1%), Manganese: 2.09mg (104.55%), Vitamin A: 5214.55IU (104.29%), Fiber: 6.61g (26.45%), Copper: 0.51mg (25.37%), Selenium: 17.42µg (24.89%), Vitamin B1: 0.33mg (21.84%), Phosphorus: 208.6mg (20.86%), Magnesium: 68.53mg (17.13%), Zinc: 2.15mg (14.32%), Vitamin B2: 0.24mg (14.12%), Iron: 2.21mg (12.29%), Potassium: 412.8mg (11.79%), Vitamin B6: 0.22mg (11.01%), Vitamin K: 9.69µg (9.23%), Calcium: 91.62mg (9.16%), Folate: 35.29µg (8.82%), Vitamin E: 1.3mg

(8.67%), Vitamin B5: 0.83mg (8.34%), Vitamin B3: 1.63mg (8.17%), Vitamin B12: 0.22µg (3.72%), Vitamin C: 2.7mg (3.27%), Vitamin D: 0.44µg (2.97%)