



Three-Layer Carrot Cake

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



696 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 3 cups carrots shredded ()
- 3 cups confectioners' sugar
- 24 ounce cream cheese at room temperature
- 4 large eggs
- 2 cups flour all-purpose
- 1 teaspoon ground ginger

- 0.8 cup granulated sugar
- 2 teaspoons ground cinnamon
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.5 cup orange marmalade plus more for topping
- 1 cup pecan halves
- 1 pinch salt
- 1 teaspoon salt
- 12 tablespoons butter unsalted at room temperature ()
- 1 tablespoon vanilla extract
- 0.8 cup vegetable oil plus more for the pans

Equipment

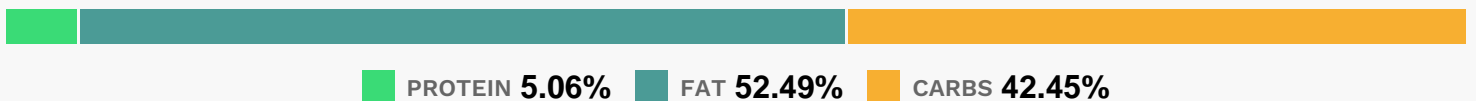
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- blender
- toothpicks

Directions

- Make the cake: Position racks in the upper and lower thirds of the oven and preheat to 350 degrees F.
- Brush three 9-inch-round cake pans with vegetable oil and line the bottoms with parchment paper.
- Spread the pecans on a baking sheet and bake until toasted, about 10 minutes.

- Let cool, then pulse in a food processor until very finely chopped.
- Combine the pecans, flour, baking powder, baking soda, salt, cinnamon, ginger and granulated sugar in a large bowl. In another bowl, whisk the vegetable oil, lemon zest, eggs and 1/2 cup marmalade. Stir in the carrots, then fold the carrot mixture into the flour mixture until just combined. Divide among the prepared pans and spread evenly (it won't look like a lot of batter, but the cakes will rise in the oven). Put 2 pans on the upper oven rack and the third pan on the lower rack.
- Bake until the cakes bounce back when touched and a toothpick comes out clean, 20 to 25 minutes, switching the position of the pans halfway through.
- Transfer the pans to racks until cool enough to handle, then invert the cakes onto the racks to cool completely.
- Remove the parchment.
- Make the frosting: Beat the cream cheese and butter in a bowl with a mixer until smooth, scraping down the bowl as needed. Beat in the confectioners' sugar, lemon juice, vanilla and salt until smooth.
- Put 1 cake layer on a platter.
- Spread with 1 tablespoon marmalade, then spread about 3/4 cup frosting over the marmalade. Top with another cake layer, marmalade and frosting.
- Spread the final cake layer with a thin layer of frosting. (This is the crumb coat; it doesn't have to be perfect.) Refrigerate 1 hour, then cover with the remaining frosting. Swirl some marmalade into the top of the cake. Refrigerate until ready to serve. Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:22.3, Inflammation Score:-10, Nutrition Score:15.416956611302%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate:

0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg
Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg,
Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg 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: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:
0.07mg

Nutrients (% of daily need)

Calories: 695.54kcal (34.78%), Fat: 41.45g (63.76%), Saturated Fat: 20.14g (125.88%), Carbohydrates: 75.42g
(25.14%), Net Carbohydrates: 72.85g (26.49%), Sugar: 54.11g (60.12%), Cholesterol: 149.37mg (49.79%), Sodium:
638.61mg (27.77%), Alcohol: 0.37g (100%), Alcohol %: 0.21% (100%), Protein: 8.99g (17.98%), Vitamin A: 6561.33IU
(131.23%), Manganese: 0.69mg (34.59%), Selenium: 17.98µg (25.69%), Vitamin B2: 0.36mg (20.98%), Vitamin B1:
0.26mg (17.39%), Phosphorus: 169.4mg (16.94%), Folate: 60.89µg (15.22%), Calcium: 135.89mg (13.59%), Vitamin K:
11.91µg (11.35%), Vitamin E: 1.57mg (10.45%), Fiber: 2.57g (10.27%), Iron: 1.81mg (10.07%), Copper: 0.19mg (9.31%),
Vitamin B3: 1.74mg (8.72%), Vitamin B5: 0.85mg (8.5%), Potassium: 272.47mg (7.78%), Zinc: 1.13mg (7.55%), Vitamin
B6: 0.14mg (6.82%), Magnesium: 27.03mg (6.76%), Vitamin B12: 0.3µg (4.95%), Vitamin C: 3.33mg (4.04%), Vitamin
D: 0.54µg (3.62%)