



## Three-Layer Carrot Cake

 Vegetarian

READY IN



135 min.

SERVINGS



16

CALORIES



620 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 3 cups carrots finely grated
- 1 tablespoon cocoa powder
- 1.5 cups confectioners' sugar sifted
- 24 ounces cream cheese chilled
- 4 eggs
- 2 cups flour all-purpose sifted
- 1 cup granulated sugar

- 1 tablespoon ground ceylon cinnamon
- 1 cup brown sugar light
- 1.3 cups vegetable oil; peanut oil preferred
- 1.5 cups pecans chopped
- 1.5 cups pecans chopped finely
- 1 teaspoon salt
- 12 tablespoons butter unsalted chilled cut into 2-inch pieces ()
- 1 teaspoon vanilla
- 1 tablespoon vanilla extract

## Equipment

- frying pan
- oven
- whisk
- mixing bowl
- blender
- hand mixer

## Directions

- Preheat oven to 350 degrees F.
- Lightly butter and flour the cake pans.
- Put the flour, salt, baking soda, cinnamon, and cocoa in a mixing bowl, and whisk together to blend.
- Put the sugars in a large mixing bowl, and whisk in the peanut oil. Then whisk in the eggs, 1 at a time, followed by the vanilla. When fully blended, add the flour mixture all at once, and mix just until smooth. Stir in the grated carrots and the pecans. Divide the batter evenly between the 3 cake pans. Drop each pan sharply onto the counter from a height of about 6 inches to remove any air pockets.
- Bake for 25 minutes, or until the center springs back gently when touched.
- Remove from the oven and place on cooling racks until completely cooled; then unmold.

- Place 1 of the cake layers, bottom side up, on a cake plate or pedestal. Spoon approximately 1/4 of the frosting onto the layer, and spread it over evenly.
- Place a second layer, bottom side down, on top of the first, and spread with an equal amount of frosting.
- Place the final layer, bottom side down, on top of the others and frost the top and sides with the remaining frosting. Store in a cool but not refrigerated area until ready to serve.
- Place the butter in the mixing bowl of an electric mixer.
- Mix on medium speed just until the butter begins to become malleable, about 3 to 4 minutes.
- Add the cream cheese, in pieces, and mix until thoroughly blended. Slowly add the confectioners' sugar and vanilla, and mix until blended. Increase mixer speed slightly, and continue mixing for 2 to 3 minutes, until the frosting becomes light and fluffy.
- Remove from the mixer, and fold in the pecans.

## Nutrition Facts



■ **PROTEIN 4.9%**  
 ■ **FAT 59.17%**  
 ■ **CARBS 35.93%**

### Properties

Glycemic Index:15.25, Glycemic Load:18.84, Inflammation Score:-10, Nutrition Score:15.539130324903%

### Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 620.29kcal (31.01%), Fat: 41.91g (64.47%), Saturated Fat: 16.16g (101.01%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 53.9g (19.6%), Sugar: 40.57g (45.07%), Cholesterol: 106.44mg (35.48%), Sodium: 453.73mg (19.73%), Alcohol: 0.37g (100%), Alcohol %: 0.26% (100%), Protein: 7.81g (15.63%), Vitamin A: 4914.73IU (98.29%), Manganese: 1.14mg (56.92%), Selenium: 13.57µg (19.39%), Vitamin B1: 0.28mg (18.82%), Vitamin B2: 0.27mg (16.15%), Copper: 0.31mg (15.35%), Phosphorus: 152.32mg (15.23%), Fiber: 3.35g (13.39%), Folate: 47.02µg (11.76%), Vitamin E: 1.71mg (11.38%), Zinc: 1.45mg (9.69%), Magnesium: 38.5mg (9.62%), Iron: 1.73mg (9.62%), Calcium: 91.11mg (9.11%),

Potassium: 274.57mg (7.84%), Vitamin B5: 0.75mg (7.46%), Vitamin B3: 1.47mg (7.36%), Vitamin B6: 0.13mg (6.54%), Vitamin K: 5.75µg (5.47%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.65mg (2%)