



## Tropical Carrot Cake with Coconut Cream Cheese Frosting

READY IN



45 min.

SERVINGS



10

CALORIES



977 kcal

DESSERT

### Ingredients

- 2.3 cups all purpose flour sifted (, then measured)
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups carrots finely grated peeled
- 0.5 teaspoon coconut extract (scant)
- 24 ounce philadelphia-brand cream cheese room temperature
- 0.8 cup cream of coconut sweetened canned (such as Coco López)
- 0.3 cup crystallized ginger chopped

- 14 dry-roasted macadamia nuts whole
- 4 large eggs
- 3.5 teaspoons ground cinnamon
- 16 ounce pineapple in its own juice crushed drained well canned
- 2 cups powdered sugar
- 1 teaspoon salt
- 2 cups sugar
- 1 cup coconut or sweetened flaked
- 0.8 cup butter unsalted room temperature ( )
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

## Equipment

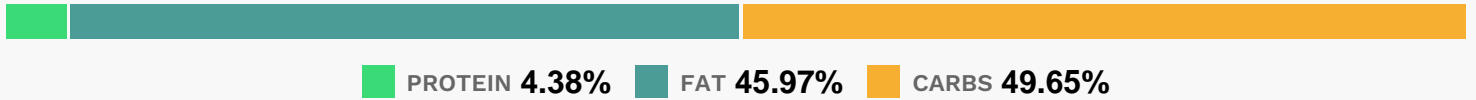
- bowl
- baking paper
- oven
- knife
- whisk
- hand mixer

## Directions

- Preheat oven to 350°F. Butter three 9-inch-diameter cake pans with 1 1/2-inch-high sides. Line bottom of pans with parchment paper.
- Combine 1/3 cup flour and next 3 ingredients in processor. Process until nuts are finely chopped.
- Whisk remaining 2 cups flour, cinnamon, baking powder, salt, and baking soda in medium bowl to blend.
- Using electric mixer, beat sugar and oil in large bowl to blend.
- Add eggs 1 at a time, beating well after each addition. Beat in vanilla. Beat in flour-spice mixture. Stir in coconut-macadamia mixture, then carrots and crushed pineapple.

- Divide batter among pans.
- Bake until tester inserted into center of cakes comes out clean, about 30 minutes. Cool in pans on racks 1 hour. Run knife around edge of pans to loosen cakes. Turn cakes out onto racks; cool completely.
- Beat cream cheese and butter in large bowl until smooth. Beat in powdered sugar, then cream of coconut and both extracts. Chill until firm enough to spread, about 30 minutes.
- Place 1 cake layer, flat side up, on platter.
- Spread 3/4 cup frosting over top of cake. Top with second cake layer, flat side up.
- Spread 3/4 cup frosting over. Top with third cake layer, rounded side up, pressing slightly to adhere.
- Spread thin layer of frosting over top and sides of cake. Chill cake and remaining frosting 30 minutes.
- Spread remaining frosting over top and sides of cake. Arrange whole nuts and ginger around top edge of cake. Chill 1 hour. (Can be made 1 day ahead. Cover with cake dome and chill.
- Let stand at room temperature 1 hour before serving.)

## Nutrition Facts



### Properties

Glycemic Index:31.59, Glycemic Load:46.12, Inflammation Score:-10, Nutrition Score:17.633912936501%

### Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 976.98kcal (48.85%), Fat: 50.79g (78.14%), Saturated Fat: 29.49g (184.29%), Carbohydrates: 123.43g (41.14%), Net Carbohydrates: 119.26g (43.37%), Sugar: 94.51g (105.01%), Cholesterol: 179.72mg (59.91%), Sodium: 697.9mg (30.34%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Protein: 10.9g (21.79%), Vitamin A: 5748.82IU (114.98%), Selenium: 25.14µg (35.92%), Vitamin B2: 0.44mg (25.88%), Manganese: 0.49mg (24.37%), Vitamin B1: 0.32mg (21.31%), Phosphorus: 207.19mg (20.72%), Folate: 80.16µg (20.04%), Calcium: 169.91mg (16.99%), Fiber: 4.17g (16.7%), Vitamin E: 2.12mg (14.16%), Vitamin K: 14.74µg (14.04%), Iron: 2.37mg (13.19%), Vitamin B3: 2.36mg (11.78%), Vitamin B5: 1.02mg (10.24%), Potassium: 338.96mg (9.68%), Copper: 0.19mg (9.49%), Vitamin B6: 0.17mg

(8.49%), Magnesium: 32.07mg (8.02%), Zinc: 1.08mg (7.2%), Vitamin C: 5.82mg (7.05%), Vitamin B12: 0.36µg (5.94%), Vitamin D: 0.66µg (4.37%)