



Vegan Carrot Cake with Cream Cheese Frosting

READY IN



38 min.

SERVINGS



16

CALORIES



734 kcal

DESSERT

Ingredients

- ☐ 0.8 cup vanilla almond milk
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 cups carrots grated
- ☐ 0.7 cup coconut oil
- ☐ 16 servings coconut oil – any flavorless oil
- ☐ 16 servings almond milk – any non-dairy milk

- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons juice of lemon (I didn't use it)
- ☐ 2 drops lemon infused olive oil to taste (I didn't use this either)
- ☐ 4.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounces non-hydrogenated vegan cream cheese softened (like Tofutti)
- ☐ 1 cup non-hydrogenated vegetable shortening (like Earth Balance)
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

Equipment

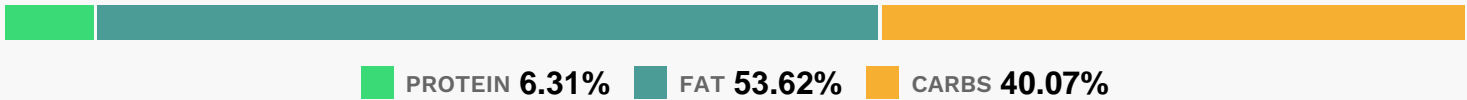
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line two 9-inch round cake pans with parchment paper. In a large bowl mix together the Part 1 ingredients.

- ☐ Add the milk and oil to the bowl and stir to combine. In a separate bowl, whisk together the dry ingredients mentioned in Part
- ☐ Add the dry ingredients to the wet ingredients and mix until just combined. It's okay if the batter is slightly lumpy. Distribute the batter between the two pans evenly. I measured out the batter and it was 3 cups in total. So 1.5 cups of batter in each pan.
- ☐ Bake for about 20 minutes or until a toothpick inserted in the center comes out clean. Mine was done in 18 minutes itself. The cake started pulling out of the sides of the pan.
- ☐ Place the pans on a cooling rack to cool for about 20 minutes. Turn the pan upside down to remove the cakes and cool it completely before frosting. In a large bowl beat the shortening until smooth using an electric mixer.
- ☐ Add the cream cheese and beat until its thoroughly incorporated.
- ☐ Add the powdered sugar, vanilla and rest of the ingredients, if using and beat until smooth. I added the sugar 1 cup at a time, beating well after each addition and scraping the sides of the bowl. You can dump everything in if you are using an electric stand mixer. But if you are using a hand-held mixer like me then add the sugar in small additions.

Nutrition Facts



Properties

Glycemic Index:25.37, Glycemic Load:19.07, Inflammation Score:-9, Nutrition Score:15.460869478143%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 734.18kcal (36.71%), Fat: 45.22g (69.57%), Saturated Fat: 23.11g (144.44%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 73.42g (26.7%), Sugar: 59.39g (65.99%), Cholesterol: 29.28mg (9.76%), Sodium: 336.24mg (14.62%), Alcohol: 0.37g (100%), Alcohol %: 0.12% (100%), Protein: 11.98g (23.96%), Vitamin A: 3069.35IU (61.39%), Calcium: 361.48mg (36.15%), Phosphorus: 289.6mg (28.96%), Vitamin B2: 0.45mg (26.3%), Vitamin B12: 1.32µg (21.96%), Vitamin B1: 0.3mg (20.03%), Vitamin D: 2.68µg (17.89%), Selenium: 11.12µg (15.88%), Manganese:

0.3mg (14.89%), Potassium: 464.78mg (13.28%), Vitamin B5: 1.15mg (11.49%), Fiber: 2.63g (10.51%), Magnesium: 41.77mg (10.44%), Vitamin B6: 0.2mg (10.09%), Folate: 38.97µg (9.74%), Vitamin K: 9.93µg (9.45%), Zinc: 1.29mg (8.58%), Vitamin B3: 1.51mg (7.53%), Iron: 1.34mg (7.46%), Vitamin E: 1.07mg (7.12%), Copper: 0.1mg (5.02%), Vitamin C: 1.19mg (1.44%)