



Vegetarian Carrot Cake



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

480 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 1.5 cups carrots grated
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 3 teaspoons juice of lemon
- ☐ 1.3 cups milk

- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon salt
- ☐ 3 teaspoons vanilla extract
- ☐ 0.7 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 1.5 cups flour whole wheat

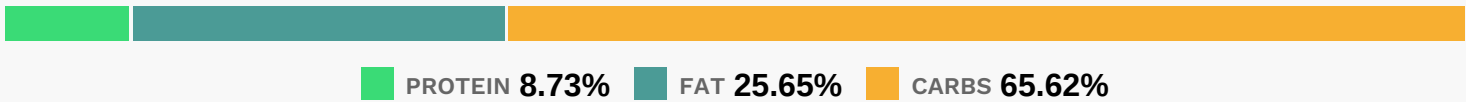
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter an 8 inch springform pan. In a small bowl, add lemon juice to milk. Stir together and let stand 5 minutes. Sift flour, baking powder, cinnamon, cloves and salt together and set aside.
- ☐ In a large bowl, cream oil, orange zest and brown sugar.
- ☐ Add sour milk and vanilla.
- ☐ Add flour mixture and beat until smooth. Stir in the grated carrots and chopped nuts.
- ☐ Pour the batter into an 8 inch springform or other deep 8 inch pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, or until a toothpick inserted into the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:19.57, Inflammation Score:-10, Nutrition Score:23.333478284919%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 479.64kcal (23.98%), Fat: 14g (21.53%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 80.57g (26.86%), Net Carbohydrates: 74.57g (27.12%), Sugar: 31.43g (34.92%), Cholesterol: 6.1mg (2.03%), Sodium: 351.04mg (15.26%), Alcohol: 0.69g (100%), Alcohol %: 0.41% (100%), Protein: 10.72g (21.44%), Vitamin A: 5437.61IU (108.75%), Manganese: 2.02mg (101.23%), Selenium: 30.98µg (44.26%), Vitamin B1: 0.48mg (32.05%), Phosphorus: 261.09mg (26.11%), Fiber: 6.01g (24.02%), Folate: 87.07µg (21.77%), Vitamin B3: 3.87mg (19.33%), Magnesium: 77.34mg (19.33%), Calcium: 186.74mg (18.67%), Iron: 3.29mg (18.27%), Vitamin B2: 0.31mg (18.27%), Copper: 0.36mg (17.79%), Vitamin B6: 0.28mg (13.95%), Vitamin K: 14.6µg (13.91%), Potassium: 411.6mg (11.76%), Zinc: 1.61mg (10.75%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.96mg (6.43%), Vitamin C: 3.91mg (4.74%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.56µg (3.73%)