



Venetian Carrot Cake



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



10

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 2.5 cups almond meal/flour
- ☐ 2 cups carrots grated
- ☐ 2 teaspoons confectioners' sugar
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 lemon zest finely grated juiced
- ☐ 1 cup mascarpone cheese
- ☐ 0.5 cup regular olive oil extra-virgin plus more for oiling pan

- ☐ 3 tablespoons pinenuts
- ☐ 0.3 cup rum
- ☐ 2 tablespoons rum
- ☐ 0.8 cup caster sugar
- ☐ 0.5 cup golden sultanas
- ☐ 1 teaspoon vanilla extract

Equipment

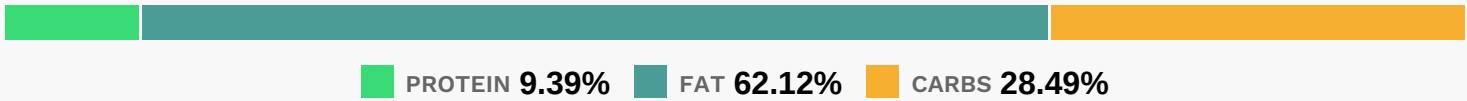
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cake form
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kitchen towels
- ☐ spatula
- ☐ springform pan
- ☐ grater

Directions

- ☐ Special equipment: 1 (9-inch) springform or other round cake tin
- ☐ Preheat the oven to 350 degrees F. Line the base of the springform pan with a nonstick silicone liner or baking parchment. Grease the sides with olive oil.
- ☐ Add the pine nuts to a small dry pan and toast them over low heat.

- ☐ Grate the carrots in a food processor or with a coarse grater, and put them on a double layer of kitchen towels. Wrap the towels around the carrots to soak up the excess liquid.
- ☐ Put the sultanas in a small saucepan with the rum, and bring to the boil over medium heat. Lower the heat and simmer for 3 minutes.
- ☐ Whisk the sugar and 1/2 cup of oil in a stand mixer or by hand, until creamily and airily mixed together.
- ☐ Whisk in the vanilla and eggs in a large bowl. Fold in the almond meal/flour, nutmeg, grated carrots, golden sultanas (and any rum that clings to them) and finally the lemon zest and lemon juice.
- ☐ Scrape the mixture into the prepared cake tin and smooth the surface with a rubber spatula. The batter will be very shallow in the tin.
- ☐ Sprinkle with the pine nuts and bake until the top is risen and golden and a cake tester comes out sticky but otherwise more or less clean, about 30 to 40 minutes.
- ☐ Remove the cake from the oven and let it sit on a rack for 10 minutes before removing the sides.
- ☐ Let cool until ready to serve.
- ☐ Transfer the cake to a serving platter.
- ☐ Combine the mascarpone, confectioners' sugar and rum in a small bowl. Slice the cake and serve with the mascarpone cream.
- ☐ The cake can be baked up to 3 days ahead. Wrap tightly in plastic wrap and store in airtight container in a cool place. Will keep for a total of 5 to 6 days.
- ☐ The cake can be frozen (still on base of the tin), carefully wrapped in double layer of plastic wrap and 1 layer of foil, for up to 3 months. Defrost overnight at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.36, Glycemic Load:14.41, Inflammation Score:-10, Nutrition Score:9.3517390023107%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol:

0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 431.92kcal (21.6%), Fat: 29.63g (45.59%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 26.44g (9.61%), Sugar: 22.09g (24.55%), Cholesterol: 71.6mg (23.87%), Sodium: 50.07mg (2.18%), Alcohol: 3.14g (100%), Alcohol %: 2.94% (100%), Protein: 10.08g (20.16%), Vitamin A: 4664.14IU (93.28%), Manganese: 0.33mg (16.64%), Fiber: 4.14g (16.55%), Calcium: 111.27mg (11.13%), Iron: 1.69mg (9.4%), Vitamin K: 6.59µg (6.28%), Phosphorus: 61.32mg (6.13%), Selenium: 4.25µg (6.07%), Vitamin E: 0.91mg (6.05%), Vitamin B2: 0.1mg (5.87%), Potassium: 174.06mg (4.97%), Copper: 0.09mg (4.58%), Vitamin B6: 0.08mg (4.24%), Magnesium: 15mg (3.75%), Folate: 12.42µg (3.11%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.29mg (2.93%), Vitamin C: 2.16mg (2.61%), Vitamin B3: 0.48mg (2.41%), Vitamin B1: 0.03mg (2.32%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)