



## Waffled Carrot Cake

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



755 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 cup carrots shredded
- 0.5 cup confectioners' sugar
- 4 ounces cream cheese room temperature
- 2 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon for dusting plus more

- 0.5 teaspoon ground ginger
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 0.3 cup milk
- 0.5 cup pecan halves for garnish
- 0.5 teaspoon salt fine
- 1 pinch salt fine
- 0.5 cup sugar
- 0.3 cup coconut or shredded sweetened
- 2 tablespoons butter unsalted room temperature
- 0.5 teaspoon vanilla extract pure
- 0.3 cup vegetable oil plus more for brushing waffle iron

## Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- hand mixer
- aluminum foil
- waffle iron

## Directions

- Special equipment: Waffle iron (preferably Belgian style)
- Preheat the oven to 350 degrees F.
- Spread all the pecans on a baking sheet and bake until toasted, 8 to 10 minutes.
- Let cool slightly, then pulse 1/2 cup in a food processor until very finely chopped, but not ground. Roughly chop the remaining pecans for garnish.

- For the cream cheese frosting: Meanwhile, combine the cream cheese and butter in a small bowl and beat with a hand mixer until smooth, about 1 minute.
- Add the sugar, lemon juice, vanilla and salt and beat until incorporated and smooth. Set aside.
- For the carrot cake: Turn the oven down to 200 degrees F. Preheat a waffle iron to medium-high.
- Whisk together the finely ground pecans, flour, sugar, baking powder, cinnamon, baking soda, ginger and salt in a large bowl.
- Whisk together the oil, milk, lemon zest, vanilla and eggs in another bowl. Stir in the coconut and carrots. Fold the carrot-egg mixture into the flour mixture until just combined (it's ok if there are lumps).
- Lightly brush the top and bottom of the waffle iron with oil. Fill the waffle iron about three-quarters of the way full (some waffle iron should still be showing). Close the lid gently and cook until the waffle is golden brown and slightly crisp, 4 to 6 minutes. Keep the cooked waffles warm in the oven or covered with foil on a plate while you make the remaining waffles.
- Spread each waffle with the cream cheese frosting, sprinkle with the chopped pecans and dust with cinnamon.

## Nutrition Facts

**PROTEIN 5.36%**

**FAT 55.88%**

**CARBS 38.76%**

### Properties

Glycemic Index:90.98, Glycemic Load:36.73, Inflammation Score:-10, Nutrition Score:20.2186955991%

### Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg,  
 Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg  
 Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin:  
 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg,  
 Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg  
 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg,  
 Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:  
 0.02mg, Naringenin: 0.02mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:  
 0.07mg

## Nutrients (% of daily need)

Calories: 754.5kcal (37.73%), Fat: 47.85g (73.62%), Saturated Fat: 15.76g (98.51%), Carbohydrates: 74.69g (24.9%), Net Carbohydrates: 71.18g (25.88%), Sugar: 46.16g (51.29%), Cholesterol: 138.51mg (46.17%), Sodium: 780.84mg (33.95%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 10.33g (20.65%), Vitamin A: 6069.97IU (121.4%), Manganese: 1.14mg (57.02%), Vitamin K: 39.54µg (37.66%), Selenium: 22.91µg (32.73%), Vitamin B1: 0.38mg (25.07%), Vitamin B2: 0.4mg (23.65%), Phosphorus: 204.97mg (20.5%), Folate: 81.3µg (20.32%), Vitamin E: 2.6mg (17.34%), Calcium: 151.8mg (15.18%), Iron: 2.67mg (14.83%), Fiber: 3.51g (14.06%), Copper: 0.26mg (12.83%), Vitamin B3: 2.43mg (12.15%), Zinc: 1.52mg (10.11%), Vitamin B5: 0.99mg (9.87%), Magnesium: 37.31mg (9.33%), Potassium: 310.95mg (8.88%), Vitamin B6: 0.17mg (8.53%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.77µg (5.15%), Vitamin C: 2.89mg (3.5%)