



Yummy scrummy carrot cake



Vegetarian



Dairy Free



Popular

READY IN



75 min.

SERVINGS



15

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 175 g g muscovado sugar light
- ☐ 175 ml unrefined sunflower oil
- ☐ 3 large eggs lightly beaten
- ☐ 140 g carrots grated (3 medium)
- ☐ 100 g raisins
- ☐ 1 large orange zest grated
- ☐ 175 g self raising flour
- ☐ 1 tsp baking soda

- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp nutmeg freshly grated (will give you the best flavour)
- ☐ 175 g powdered sugar
- ☐ 1.5 tbsp orange juice

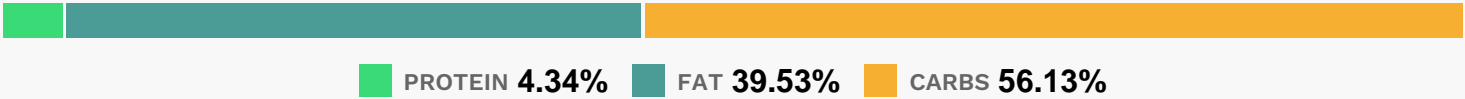
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Heat the oven to 180C/fan160C/gas
- ☐ Oil and line the base and sides of an 18cm square cake tin with baking parchment.
- ☐ Tip 175g light muscovado sugar, 175ml sunflower oil and 3 large beaten eggs into a big mixing bowl. Lightly mix with a wooden spoon. Stir in 140g grated carrots, 100g raisins and grated zest of 1 large orange.
- ☐ Sift 175g self-raising flour, 1 tsp bicarbonate of soda, 1 tsp ground cinnamon and tsp grated nutmeg into the bowl.
- ☐ Mix everything together, the mixture will be soft and almost runny.
- ☐ Pour the mixture into the prepared tin and bake for 40–45 mins or until it feels firm and springy when you press it in the centre.
- ☐ Cool in the tin for 5 mins, then turn it out, peel off the paper and cool on a wire rack. (You can freeze the cake at this point if you want to serve it at a later date.)
- ☐ Beat 175g icing sugar and 1 – 2 tbsp orange juice in a small bowl until smooth you want the icing about as runny as single cream.
- ☐ Put the cake on a serving plate and boldly drizzle the icing back and forth in diagonal lines over the top, letting it drip down the sides.

Nutrition Facts



Properties

Glycemic Index:19.98, Glycemic Load:8.69, Inflammation Score:-7, Nutrition Score:5.775217315425%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 267.08kcal (13.35%), Fat: 11.99g (18.44%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 37.11g (13.49%), Sugar: 23.41g (26.01%), Cholesterol: 37.2mg (12.4%), Sodium: 110.21mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin A: 1620.81IU (32.42%), Vitamin E: 4.64mg (30.91%), Selenium: 7.98µg (11.4%), Manganese: 0.17mg (8.35%), Fiber: 1.19g (4.76%), Vitamin B2: 0.07mg (4.34%), Phosphorus: 40.57mg (4.06%), Potassium: 132.18mg (3.78%), Vitamin C: 2.86mg (3.46%), Iron: 0.6mg (3.32%), Copper: 0.06mg (3.09%), Folate: 11.46µg (2.86%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.26mg (2.56%), Calcium: 25.44mg (2.54%), Magnesium: 8.89mg (2.22%), Vitamin B1: 0.03mg (1.98%), Vitamin K: 1.93µg (1.84%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.32mg (1.6%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)