

Carrot Cake/Cupcakes

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, grated*	11.6 oz	3 cups	1 lb 7 oz	6 cups	<ol style="list-style-type: none"> Preheat conventional oven to 350° F. Grease and flour bottom of cake pan (use one 9 X 13 X 2" pan for 24 servings or one 12 X 20 X 2" steam table pan for 48 servings) OR line medium muffin cups (24 or 48 each). Grate carrots. In a medium mixing bowl, use whisk to thoroughly blend flour, soda, baking powder, spices, and salt. Set aside. Using a mixer and large mixing bowl, beat eggs until light and smooth. Continue mixing on medium-high speed while drizzling in oil and butter. Add sugars and mix well. Add grated carrots and raisins (if using). Mix just until blended well. Add flour mixture in thirds, alternating with applesauce, beginning and ending with flour mixture, mixing just until blended. Spread batter in prepared pan OR fill medium muffin cups half full (a scant ¼ cup/#16 scoop). Bake cake 25-30 minutes; cupcakes 16-18 minutes until top springs back or toothpick inserted in center of cake comes out clean. Place pans on wire cooling rack. Prepare drizzle by mixing powdered sugar, evaporated milk, and maple syrup (if using) and drizzle cake or cupcakes when cooled. Serve fresh or store in an airtight container.
Flour, whole wheat	9 oz	2 ⅛ cups	1 lb 2 oz	4 ¼ cups	
Baking Soda		1 tsp		2 tsp	
Baking Powder		1 tsp		2 tsp	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	
Ginger, ground		½ tsp		1 tsp	
Salt		¼ tsp		½ tsp	
Eggs, whole, large	5.25 oz	3 each	10.5 oz	6 each	
Oil, vegetable	2.5 oz	⅓ cup	5 oz	⅔ cup	
Butter, unsalted, melted	1 oz	2 Tbsp	2 oz	¼ cup	
Sugar, brown, lightly packed	5.1 oz	⅔ cup	10.3 oz	1 ⅓ cup	
Sugar, granulated	2.3 oz	⅓ cup	4.7 oz	⅔ cup	
Applesauce, unsweetened	5.75 oz	⅔ cup	11.5 oz	1 ⅓ cup	
Raisins, moistened (optional)	5.6 oz	1 cup	11.3 oz	2 cups	
Sugar, powdered	3.1 oz	¾ cup	6.3 oz	1 ½ cups	
Maple syrup, warm (optional)		1 ½ tsp		1 Tbsp	
Milk, evaporated, nonfat	1 oz	1-2 Tbsp	2 oz	2-3 Tbsp	

*Carrots may be scrubbed and grated unpeeled if very smooth and used immediately.

Carrot Cake/Cupcakes, cont.

Serving Size – 1 piece/1 cupcake (2 oz/56 grams without raisins or 2.2 oz/63 grams with raisins)
 Credits as 0.5 oz eq Grains in the School Nutrition Programs
 Provides 10 grams whole grain per serving

Without raisins

Nutrition Facts	
Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 50%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

With raisins

Nutrition Facts	
Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 125mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 3g	
Vitamin A 50%	Vitamin C 2%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Carrots, whole wheat flour, applesauce, *raisins*, eggs, brown sugar, powdered sugar, vegetable oil, granulated sugar, butter, evaporated milk, *maple syrup*, baking powder, cinnamon, baking soda, salt, ginger

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org

