

# Carrot Cake

Serves 18

- 2 large eggs
- 1 cup white sugar
- 1/3 cup canola oil
- 1/3 cup unsweetened applesauce
- 1 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 teaspoon ground cinnamon
- 1 (15 oz.) can carrots, liquid removed and pureed
- 1 (20 oz.) can crushed pineapple, liquid removed
- 2/3 cup raisins
- 1/2 cup flaked coconut
- 1/2 cup quick oats



1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease and flour a 9x13 inch pan.
3. Sift together the flour, baking soda, salt and cinnamon. Set aside.
4. In a large bowl, beat large eggs, sugar, applesauce and oil till smooth.
5. Beat in flour mix.
6. Stir in pureed carrots, pineapple, raisins, coconut and oats.
7. Pour into prepared pan.
8. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Nutrition Facts	
Serving Size (94g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 3g	
Vitamin A 35%	Vitamin C 6%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories
Total Fat	Less than 65g 90g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Carrot Cake

Serves 18

- 2 large eggs
- 1 cup white sugar
- 1/3 cup canola oil
- 1/3 cup unsweetened applesauce
- 1 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 teaspoon ground cinnamon
- 1 (15 oz.) can carrots, liquid removed and pureed
- 1 (20 oz.) can crushed pineapple, liquid removed
- 2/3 cup raisins
- 1/2 cup flaked coconut
- 1/2 cup quick oats



1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease and flour a 9x13 inch pan.
3. Sift together the flour, baking soda, salt and cinnamon. Set aside.
4. In a large bowl, beat large eggs, sugar, applesauce and oil till smooth.
5. Beat in flour mix.
6. Stir in pureed carrots, pineapple, raisins, coconut and oats.
7. Pour into prepared pan.
8. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Nutrition Facts	
Serving Size (94g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 3g	
Vitamin A 35%	Vitamin C 6%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories
Total Fat	Less than 65g 90g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	