Moist Carrot Cake

Geri Frahm
Taste of Home Light & Tasty - April/May 2007

Servings: 16
Preparation Time: 35 minutes
Bake Time: 45 minutes

1 1/3 cups sugar
1/2 cup packed brown sugar
1 cup unsweetened applesauce
1/2 cup canola oil
2 eggs
2 egg whites
2 teaspoons vanilla extract
2 1/2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda
2 cups carrots, shredded
1 can (8 oz) unsweetened crushed pineapple, drained
1/2 cup golden raisins
1/2 cup walnuts, finely chopped
FROSTING
5 ounces reduced-fat cream cheese
1 package (3 oz) cream cheese, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar
1/4 cup walnuts, finely chopped and toasted

Preheat oven to 350 degrees.

Coat a cake pan with nonstick cooking spray.

In a large mixing bowl, beat the sugars, applesauce, oil, eggs, egg whites and vanilla until well blended.

In another bowl, combine the flour, baking powder, cinnamon, salt and baking soda. Gradually beat into the sugar mixture until blended. Stir in the carrots, pineapple, raisins and walnuts.

Transfer the mixture to the prepared cake pan.

Bake for 45 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

FOR THE FROSTING: In a large mixing bowl, beat the cream cheeses and vanilla until fluffy. Beat in the confectioners' sugar until smooth.

Frost the cake. Sprinkle with walnuts. Store in the refrigerator.

Per Serving (excluding unknown items): 372 Calories; 18g Fat (41.8% calories from fat); 7g Protein; 48g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 285mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.