

Carrot Cake II

Janet Bottone

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2 1/2 cups all-purpose flour
2 cups sugar
1/2 teaspoon salt
1 teaspoon baking soda
2 teaspoons cinnamon
4 eggs
1/2 cup pineapple juice
1 1/2 cups vegetable oil
2 cups shredded carrots
1 teaspoon vanilla extract
1 can (8 ounce) crushed pineapple with juice
1 cup raisins
1 cup shredded coconut meat
1 cup chopped walnuts or pecans
FROSTING
1 package (12 ounce) cream cheese, softened
1 1/2 cups confectioner's sugar
1/2 cup margarine or butter, softened
1 teaspoon vanilla
1/2 cup walnuts or pecans, finely chopped

Preheat the oven to 350 degrees.

In a bowl, combine the flour, salt, baking soda and cinnamon.

In another bowl, combine the nuts, coconut and raisins.

In a mixer, combine the eggs, sugar, pineapple juice, oil and vanilla. When mixed, add the crushed pineapple and carrot. Add the nuts mixture. Mix well for about 1 minute.

Add the flour mixture. Mix for at least 2 minutes.

Pour the batter into a greased baking pan or cupcake wrappers.

Bake for one hour for a cake, 30 minutes for cupcakes or 15 minutes for mini cupcakes.

Make the frosting: In a bowl, combine the cream cheese, confectioner's sugar, butter, vanilla and nuts. Beat well.

Allow to cool before frosting.

Per Serving (excluding unknown items): 9125 Calories; 551g Fat (53.3% calories from fat); 86g Protein; 1000g Carbohydrate; 31g Dietary Fiber; 1351mg Cholesterol; 4360mg Sodium. Exchanges: 16 Grain(Starch); 6 Lean Meat; 5 Vegetable; 9 1/2 Fruit; 105 1/2 Fat; 39 Other Carbohydrates.