

Carrot Cake with Honey-Orange Frosting

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 10

CAKE

4 eggs
2 cups all-purpose flour
2 cups sugar
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon ground cardamom
1/2 teaspoon baking soda
1/2 teaspoon salt
3 cups carrots, finely shredded
1/2 cup pecan pieces, toasted and finely chopped

3/4 cup vegetable oil HONEY-CREAM CHEESE FROSTING

2 packages (8 ounce ea) cream cheese, softened
1/2 cup butter, softened
1 cup powdered sugar
2 teaspoons orange peel, finely shredded
3/4 cup honey

Preparation Time: 55 minutes

Bake: 25 minutes

Prepare the Honey-Cream Cheese Frosting: In a medium mixing bowl, beat the cream cheese, butter, powdered sugar and orange peel with an electric mixer on medium to high. Gradually add the honey, beating until light and fluffy. If the frosting is too soft, chill for 15 to 20 minutes or until spreading consistency. Set aside.

Allow the eggs to stand at room temperature for 30 minutes.

Meanwhile, grease and flour three 9x5x3-inch loaf pans. Set the pans aside.

Preheat the oven to 350 degrees.

In a large bowl, stir together the flour, sugar, baking powder, cinnamon, cardamom, baking soda and salt. Set aside.

In a medium bowl, lightly beat the eggs. Add the carrots, pecans and oil. Mix well. Add the egg mixture to the flour mixture, stirring until combined. Pour the batter evenly into the prepared pans.

Bake about 25 minutes or until the tops spring back when lightly touched. Cool in the pans on wire racks for 10 minutes. Remove from the pans and cool completely.

Place one cake layer on a rectangular serving platter. Spread about 1/2 cup of the Honey-Cream Cheese Frosting on each layer; stack the layers.

Serve with the remaining frosting.

Cover and store in the refrigerator for up to three days.

To toast the nuts, preheat the oven to 350 degrees. Spread the nuts in a single layer in a shallow baking pan. Bake for 5 to 10 minutes or until the nuts are slightly golden, stirring once or twice; cool.

Per Serving (excluding unknown items): 806 Calories; 44g Fat (48.0% calories from fat); 9g Protein; 98g Carbohydrate; 2g Dietary Fiber; 161mg Cholesterol; 542mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 8 Fat; 5 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	806	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	47.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	44g	Folacin (mcg):	61mcg
Saturated Fat (g):	18g	Niacin (mg):	2mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	161mg	% Refused:	0.0%
Carbohydrate (g):	98g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1 1/2
Protein (g):	9g	Lean Meat:	1
Sodium (mg):	542mg	Vegetable:	1
Potassium (mg):	256mg	Fruit:	0
Calcium (mg):	128mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	8
Zinc (mg):	1mg	Other Carbohydrates:	5
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	11959IU		
Vitamin A (r.e.):	1398 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 806 Calories from Fat: 387

% Daily Values*

Total Fat	44g	68%
Saturated Fat	18g	92%
Cholesterol	161mg	54%
Sodium	542mg	23%
Total Carbohydrates	98g	33%
Dietary Fiber	2g	9%
Protein	9g	
Vitamin A		239%
Vitamin C		7%
Calcium		13%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.