



First-Rate Frosted Carrot Cake



1/8th of cake: 220 calories, 7.5g total fat (2.5g sat. fat), 415mg sodium, 34.5g carbs, 1g fiber, 20g sugars, 3.5g protein

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Prep: 20 minutes **Cook:** 25 minutes

Cool: 1 hour



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Ingredients

Frosting

1/3 cup reduced-fat cream cheese
3 tbsp. light whipped butter or light buttery spread (like Brummel & Brown)
1/8 tsp. vanilla extract
1/4 cup powdered sugar

Cake

1 3/4 cups moist-style yellow cake mix (about half a box)
1 1/2 cups shredded carrots, finely chopped
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 tsp. cinnamon
3/4 tsp. baking powder
1/2 tsp. vanilla extract

Topping

1/2 oz. (about 2 tbsp.) chopped walnuts

Directions

Preheat oven to 350 degrees. Spray a 9" round cake pan with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

Combine cake ingredients in a large bowl. Add 1 cup water, and whisk until smooth. Pour batter into the cake pan.

Bake until a toothpick inserted into the center of the cake comes out clean, 24 - 26 minutes.

Let cake cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Plate cake, and spread the top with frosting. Sprinkle with walnuts. (Refrigerate leftovers.)

MAKES 8 SERVINGS

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Publish Date: August 18, 2015

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