

CARROT CINNAMON CAKE

INGREDIENTS

Cake

4 eggs

2 cups sugar substitute

$\frac{3}{4}$ cup canola oil

1 teaspoon vanilla extract

2 $\frac{1}{2}$ cups flour

1 teaspoon
cream of tartar

1 $\frac{1}{2}$ teaspoons
baking soda

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon nutmeg

2 cups carrots, grated

Glaze

$\frac{3}{4}$ cup powdered sugar

1 $\frac{1}{2}$ tablespoons water

$\frac{1}{8}$ teaspoon vanilla

$\frac{1}{4}$ teaspoon cinnamon



PREPARATION

- 1** Preheat oven to 350°F.
- 2** In a mixing bowl, with an electric mixer, beat the eggs and sugar substitute. Add the oil and the vanilla extract. Combine and set aside.
- 3** In another bowl, combine the dry ingredients: flour, cream of tartar, baking soda, cinnamon and nutmeg.
- 4** Add the dry ingredients to the egg mixture. Fold-in the grated carrots.
- 5** Pour the batter into a nonstick tube baking pan. Bake for 40–50 minutes. Check for doneness by inserting a toothpick into the center of the cake. When taken out the toothpick should be dry. Let the cake cool for at least 15 minutes before removing it from the pan.
- 6** In a bowl, combine the ingredients for the glaze and pour the glaze over the top of the cake.

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Nutrient Analysis

PER SERVING

1/2 of recipe

Renal/Diabetic Exchanges:

1 1/2 Starch + 2 Fat

Calories	215 (305)*
Protein	4g
Total Carbohydrate	24g (47)
Fiber	1g
Sugars	6g (31)
Fat	12g
Saturated	1g
Cholesterol	47mg
Sodium	146mg
Potassium	114mg
Phosphorus	51mg
Calcium	16mg
Iron	1mg
Magnesium	8mg
Vitamin C	1mg

* The numbers in brackets show the amounts when cake is prepared with 2 cups of sugar instead of sugar substitute.

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

The role of sugar in baking

Sugar not only adds sweetness, but also plays many important roles throughout the baking process. When sugar meets water during the baking process, a strong bond forms to lock in moisture. This keeps baked goods soft and moist. Sugar also helps batters rise, allowing them to take on their proper shape. As sugar gets hot during baking, a chemical reaction called caramelization occurs, creating the golden brown color we all love. This process also adds flavor. Finally, when moisture is lost during baking, the dissolved sugars re-crystallize. This creates the crunchy sweet crust that we enjoy so much on our baked goods.

While sugar gets the credit for many desired affects during baking, it can also add a number of calories and carbohydrates that may not be good for those who are diabetic or who need to limit their caloric intake. Fortunately, there are ways to bake without sugar and still create a tasty treat. This can be accomplished by using a sugar substitute as used in our carrot cake.

Most of the time your treats will be just as delicious using a sugar substitute but you may notice some differences while preparing and baking your recipes. It is important to read the sugar substitute package instructions. For best results look for recipes that call for the use of a sugar substitutes as not all recipes including sugar turn out the same when baked with a sugar substitute.

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