

Carrot and Pineapple Cake



Serves 12

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 3/4 cup oil
- 4 eggs
- 1 teaspoon salt
- 1 1/4 cup sugar
- 3 cups fresh grated carrots
- 2 cups raisins
- 3/4 cup crushed pineapple

Directions

Combine oil, crushed pineapple and sugar and add eggs. Beat with an electric mixer on low speed until mixture is creamy. Add dry ingredients to wet mixture. Mix well. Fold in carrots and raisins. Pour into a 13x9 inch greased and floured cake pan. Bake at 350 for 45 minutes or until a knife inserted in the center comes out clean.

Nutrients (approximately)

409 Calories per serving,
Fat 14.3g, Cholesterol 0mg, Sodium 223.3mg, Carbohydrates 62g,
Fiber 2.9g, Sugars 42.9g, Protein 3.2g

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