



CARROT CAKE

This recipe is ideal for children and adults. It has many vitamins and minerals. It is not a recipe for losing weight or losing fat.

 30 minutos 1 hora 1 porciones

INGREDIENTES

- 250 gramos de spelt flour
- 300 gramos de sugar, cane, brown
- 2 gramos de cinnamon, powder
- 50 gramos de nutmeg
- 1 gramo de ginger, powder
- 240 gramos de butter, Clarified butter (ghee)
- 1 gramo de baking powder
- 250 gramos de carrot
- 50 gramos de walnuts
- 100 gramos de raisins
- 200 gramos de egg, raw
- 250 gramos de milk, buttermilk, fluid, cultured, lowfat

MÉTODO DE PREPARACIÓN

- 1º Sift and mix all powdered ingredients
- 2º In a bowl mix the 4 complete eggs and beat. Add the cane sugar and continue beating until the cane sugar dissolves.
- 3º Scratch the carrot and pass it through the food processor and add the clarified butter.
- 4º Scratch the carrot and pass it through the food processor and add the clarified butter. Add this mixture to the previous one.
- 5º Add spelled flour that was previously sifted with the other dry ingredients.
- 6º Add the buttermilk and continue beating. Finally place in a mold and proceed to bake.
- 7º Bake at 180 degrees Celsius for 30 minutes.
- 8º Decorate or fill to taste.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCION (1694 g)	% DDR
ENERGÍA	324 kcal	5496 kcal	275 %
PROTEÍNA	5 g	78 g	155 %
H. CARBONO	35 g	595 g	229 %
AZÚCARES	23 g	395 g	439 %
GRASA	19 g	319 g	456 %
GRASAS SATURADAS	10 g	172 g	862 %
FIBRA ALIMENTARIA	3 g	54 g	216 %
SODIO	65 mg	1096 mg	46 %