

Carrot Cake with Cream Cheese Frosting

Ingredients	15 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat the oven to 350° F. Spray a 9 X 13 sheet pan baking sheet for 12 servings, or 8 half-size sheet pans for 96 servings, or the desired number of cupcake tins with baking spray. (Optional: Line cupcake tins with cupcake papers.)
Pineapple, crushed, canned in juice	6 oz	2/3 cup	1 lb 14 oz	2 1/4 cups	2. Drain the pineapple and reserve the juice to add to the frosting.
Flour, whole wheat	3.5 oz	3/4 cup	1 lb 4 oz	4 3/4 cups	3. Combine the flours, baking soda, baking powder, and cinnamon in a bowl. Stir with a whisk to remove lumps and distribute the ingredients evenly.
Flour, all-purpose, enriched	2.5 oz	1/2 cup	15 oz	3 1/4 cups	
Baking soda	1 tsp	1 tsp	2 tbsp	2 tbsp	
Baking powder	1 tsp	1 tsp	2 tbsp	2 tbsp	
Cinnamon, ground	1 tsp	1 tsp	2 tbsp	2 tbsp	
Oil, olive or canola	3 oz	6 tbsp	1 lb 2 oz	2 1/4 cups	4. Combine the oil, sugar, eggs, and drained pineapple in a bowl and blend well. Stir this mixture into the combined dry ingredients until evenly blended.
Sugar	6 oz	3/4 cup	2 lb 4 oz	4 3/4 cups	
Eggs, large	3 each	3 each	13 each	13 each	
Carrots, peeled, grated	1 lb	1 qt	6 lb	1 gal 2 qt 1 cup	5. Add the carrots to the batter and stir by hand until incorporated.
Raisins, dark or golden, seedless	3 oz	1/2 cup	1 lb 2 oz	3 cups	6. Add the raisins.
					7. Transfer the batter to the baking pan or portion it into cupcake tins with a #10 scoop. Bake at 350° until a tester inserted in the cake comes out with a few moist crumbs clinging, about 40 minutes for a 9 X13 pan, 45 to 50 minutes for a half-size sheet pan, and about 20 minutes for cupcakes. Let the cake or cupcakes cool thoroughly on a rack before icing.



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(continued)

Cream cheese, low-fat	8 oz	1 cup	3 lb 10 oz	1 qt 2 1/4 cups	8. To make the icing, blend the cream cheese, sugar, and vanilla until very smooth. Transfer to a plastic pastry bag and pipe over the surface of the cake or cupcakes (about 1 tbsp/1/2 ounce per cupcake.)
Honey	1 1/2 oz	3 tbsp	10 oz	3/4 cup 2 tbsp	
Pineapple juice (reserved from above)	2 oz	1/4 cup	14 oz	1 3/4 cups	
					9. Chill the frosted cake before serving to allow the icing to firm. This will make it easier to cut the cake into portions. To cut portions, make squares about 2 inches by 3 inches, weighing about 3 oz total (includes the icing.)



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Serving Notes:

For Enhanced Meal Pattern only: 1 portion provides 1/4 serving of fruit and vegetables
 Cut into pieces, 3 inches square

	15 Servings	96 servings
Total Weight:	46 oz batter; 11 1/2 oz frosting	16 lb 14 oz batter, 5 lb 2 oz frosting
Total Volume	11 cups batter; 1 1/2 cups frosting	68 cups batter; 8 3/4 cups frosting
Serving Size (weight):	3 oz	3 oz
Serving Size (volume):	1 piece or 1 cupcake	1 piece or 1 cupcake

Nutrients Per Serving					
Calories	180	Saturated Fat	1 g	Iron	>1 mg
Protein	5 g	Cholesterol	25 mg	Calcium	68 mg
Carbohydrate	29 g	Vitamin A-RE	395 mcg	Sodium	210 mg
Total Fat	6g	Vitamin C	224 mg	Dietary Fiber	2 g

