

Carrot Cake

Vegetable/Fruit

Desserts

C-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 14 oz	1 qt 3 cups	3 lb 12 oz	3 qt 2 cups	1. Blend flour, sugar, baking powder, salt, cinnamon, cloves, nutmeg (optional), and dry milk in mixer for 1 minute on low speed. 2. Add eggs and oil to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed. 3. Add carrots, pineapple, and nuts (optional). Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed. 4. Pour 8 lb 12 oz (approximately 1 gal) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until lightly browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 30-40 minutes 6. Cool. If desired, frost or lightly dust with powdered sugar. 7. Cut each pan 5 x 10 (50 pieces per pan).
Sugar	1 lb 11 ½ oz	1 qt	3 lb 7 oz	2 qt	
Baking powder		3 Tbsp 2 tsp	3 oz	¼ cup 3 ¼ Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground cinnamon		1 ½ tsp		1 Tbsp	
Ground cloves		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Instant nonfat dry milk	2 ½ oz	1 cup	5 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	1 lb	1 ¾ cups 2 Tbsp OR 9 each	2 lb	3 ¾ cups OR 18 each	
Vegetable oil		2 cups		1 qt	
*Fresh carrots, shredded	1 lb 14 oz	2 qt ¾ cup	3 lb 12 oz	1 gal 1 ½ cups	
Canned, crushed pineapple, drained	1 lb 3 oz	2 ½ cups (¼ No. 10 can)	2 lb 6 oz	1 qt 1 cup (½ No. 10 can)	
Chopped walnuts (optional)	6 ½ oz	1 ½ cups	13 oz	3 cups	

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Comments:
* See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	2 lb 5 oz	4 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 1/8 cup of vegetable and fruit. For Enhanced Meal Pattern only: 1 piece also provides 1 serving of grains/breads.	50 Servings: about 8 lb 12 oz (batter) about 7 lb 14 oz 100 Servings: about 17 lb 8 oz (batter) about 15 lb 12 oz	50 Servings: about 1 gallon (batter) 1 sheet pan 100 Servings: about 2 gallons (batter) 2 sheet pans

Tested 2004

Special Tip:
For 50 servings, use 4 1/2 oz (1 1/2 cup) dried whole eggs and 1 1/2 cup water in place of eggs.

For 100 servings, use 9 oz (3 cups) dried whole eggs and 3 cups water in place of eggs.

Nutrients Per Serving					
Calories	232	Saturated Fat	1.54 g	Iron	1.18 mg
Protein	3.62 g	Cholesterol	39 mg	Calcium	82 mg
Carbohydrate	33.02 g	Vitamin A	3898 IU	Sodium	190 mg
Total Fat	9.86 g	Vitamin C	1.5 mg	Dietary Fiber	1.2 g