

Low-Cal Carrot Cake

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Yield: 16 servings

1 c Liquid shortening	2 ts Ground cinnamon
2 tb Granulated fructose	1 ts Ground nutmeg
4 Eggs	1/2 ts Salt
1/2 c Water	1/2 c Pecans chopped
2 c Flour	3 c Grated carrots
1 ts Ea baking soda + powder	

Preheat oven to 350[^].Grease and flour a 3 quart tube pan.

In a mixing bowl cream together the shortening,fructose and eggs until light and lemon colored. Add remaining ingredients except carrots and pecans.Beat well then stir in carrots and pecans. Pour batter into prepared pan and bake for 30-40 minutes.

Exchanges: 1 bread 3 fat Recipe makes 16 servings at 229 calories each

From: Diabetic Dessert Cookbook

Reposted 4 you and yours via Nancy OBrion and her Meal-Master

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