

Carrot Cake

The number of calories in this original recipe was insane!

Original Recipe

Reduced Calorie Recipe

<i>Ingredient</i>	<i>Calories</i>	<i>Ingredient</i>	<i>Calories</i>
<i>Cake</i>			
1 ½ C Oil	2,880	¾ C Oleo, melted (5 fat gr.)	600
4 Eggs, beaten	300	2 Eggs & 6 T Egg Substitute, beaten	173
2 C Sugar	1,546	1 C Sugar + 8 t Sweet 'n Low Brown	387
2 T Baking Soda	-0-	2 T Baking Soda	-0-
2 Flour	800	1 ¾ C Flour	700
2 t Cinnamon	78	1 ½ t Cinnamon	59
3 – 4oz. jars Carrot baby food	60	3 – 4oz. jars Carrot baby food	60
Sub Total Cake	5,664	Sub Total Cake	1,979
<i>Frosting</i>			
3 C Conf. Sugar	1,488	4 t Conf. Sugar + ½ t Sweet 'n Low Br.	42
8 T Cream Cheese	400	1 C fat free Ricotta Cheese	160
6 T Butter, melted	600	Omitted	-0-
1 t Vanilla Extract	13	¼ t Vanilla Extract	3
Sub Total Frosting	2,501	Sub Total Icing	205
Total Calories	8,165	Total Calorie	2,184
Servings/Recipe	16	Servings/Recipe	16
Calories per Slice	510	Calories per Slice	137

Calorie Reduction 73%

Directions Combine all ingredients and pour into a 9 x 13 sprayed sheet pan. Bake for 35-45 minutes at 350°. Mix icing. If desired, adjust sweetness with additional Sweet 'n Low and thicken with cornstarch. Chill and frost cake when ready to serve.

All battered up... *If you made this original recipe as a layer cake and served it in 8ths, the total calories per slice would be 1,020. Incredible! And then there's that cupcake factor - divided by 24, each reduced calorie cup with icing would only be 91 calories. Oddly enough, I almost didn't try to remake this recipe because it was so outrageously high in calories, I thought there had to be a good reason why and trying to modify it would have surely ended in failure. How wrong I was! The remake is excellent.*