


Carrot cakes in a glass

Cuisine: German
Food category: Pastry

















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Program steps

1	 Hot air	 100 %	 Termination by time	 00:30 hh:mm	 170 °C	 + 50 %	
2	 Hot air	 100 %	 Termination by time	 00:10 hh:mm	 160 °C	 + 50 %	

Ingredients - number of portions - 12

Name	Value	Unit
plain wheat flour	175	g
caster sugar	300	g
hazelnuts	225	g
butter	120	g
vanilla sugar	2	pcs
baking powder	1.5	pcs
carrot	6	pcs
chicken eggs	6	pcs
carrot juice	200	ml
soft cream cheese	350	g
butter	120	g
lemon peel	1	pcs
powdered sugar	315	g

Nutrition and allergens

Allergens: 1, 3, 7, 8
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	622.8 kJ
Carbohydrate	64.4 g
Fat	35.7 g
Protein	9.9 g
Water	0 g

Directions

Grate the carrots. Beat the eggs until foamy, add the sugar and vanilla sugar and continue to stir. Add the hazelnuts and butter and stir well. Mix flour with baking powder, sift and add with the juice. Then stir in the carrots.

Butter small glasses and dust with ground hazelnuts. Pour in the batter and bake as above.

For the frosting, beat the butter at room temperature until fluffy. Mix the room-warm cream cheese with the zest of the lemon and sift in the icing sugar and stir in. Work the mixture with the beaten butter into a homogeneous mass.

Top the cooled cakes with the frosting and decorate as you like.