Carrot Cake

A dessert with a vegetable in its name can't be that bad for you, right? Wrong. *Good Housekeeping*'s own classic carrot cake recipe, with a cream cheese frosting that's killer (if we do say so ourselves), weighs in at 640 calories and 20 fat grams per slice. So we decided to create a carrot cake that you can enjoy without guilt. The new tally per serving: a slimmed-down 210 calories and 5 fat grams. For an even healthier treat, skip the icing altogether.

Prep 20 minutes plus cooling
Bake 45 minutes
Makes 20 servings

2¼ c. all-purpose flour
 2 tsp. baking soda
 2 tsp. ground cinnamon
 1 tsp. ground ginger
 1 tsp. baking powder
 1 tsp. salt
 2 lg. eggs
 2 lg. egg whites
 1 c. granulated sugar
¾ c. packed dark
   brown sugar
 1 can (8 to 8¼ oz.) crushed
   pineapple in juice
⅓ c. canola oil
 1 Tbsp. vanilla extract
 1 bag (10 oz.)
   shredded carrots
½ c. dark raisins

Cream Cheese Icing
 2 oz. reduced-fat
   cream cheese
¾ c. confectioners' sugar
½ tsp low-fat milk
¼ tsp. vanilla extract

1. Preheat oven to 350°F. Spray nonstick 12-cup Bundt-style pan with nonstick cooking spray with flour.
2. Prepare cake: Combine flour, soda, cinnamon, ginger, baking powder, and salt.
3. In large bowl, with mixer on medium speed, beat eggs and egg whites until blended. Beat in sugars; beat 2 minutes. On low speed, beat in pineapple with juice, oil, and vanilla. Add flour mixture; beat 1 minute. Stir in carrots and raisins.
4. Pour batter into pan. Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Invert cake onto rack; cool completely.
5. Prepare icing: In bowl, stir cream cheese and ¼ cup sugar until smooth. Add milk, vanilla, and remaining sugar; stir to a drizzling consistency. Drizzle icing over cake.

EACH SERVING About 210 calories, 3 g protein, 40 g carbohydrate, 5 g total fat (1 g saturated), 1 g fiber, 23 mg cholesterol, 295 mg sodium.