

Carrot & Orange Olive Oil Cake

Blending the carrots with the wet ingredients results in a light and fluffy texture for this cake flavored with bright orange and floral cardamom for a different take on carrot cake.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	65 MIN

INGREDIENTS

1 ⅓ cups	All-purpose Flour
1 Tbsp	Baking Powder
2 tsp	Cardamom, ground
¾ tsp	Kosher Salt
¼ tsp	Baking Soda
5 each	Carrots, peeled, roughly chopped (about 10 oz./2 cups chopped)
1 cup	Extra Virgin Olive Oil
⅔ cup	Sugar
2 each	Eggs
1 each	Orange, zested and juiced (¼ cup)
1 Tbsp	Powdered Sugar

CHEF'S NOTES

Using oil instead of butter in a cake is traditional in the Mediterranean where extra virgin olive oil is a staple ingredient. Often flavored with citrus and served at Christmas, these cakes are a welcome sweet treat year-round. Cakes made with oil are often lighter and more tender while also retaining a moist texture for several days. Good for your health and delicious results, it's a win-win!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Grease and line a 9" cake pan with parchment paper.
2. In a large bowl, whisk the flour, baking powder, cardamom, salt, and baking soda together. Make a well in the middle and set aside.
3. In a large pitcher blender, combine the carrots, olive oil, sugar, eggs, orange zest, and juice. Starting on low and gradually increasing the speed, blend until smooth, about 2-3 minutes. Scrape down the sides of the blender as needed.
4. Pour the blended mixture into the middle of the well of the dry ingredients. Use a rubber spatula to slowly incorporate the flour mixture until no visible flour remains.
5. Pour the batter into the prepared pan. Bake for 35-40 minutes, until the center comes out clean when tested with a toothpick.
6. Allow the cake to cool on a wire rack for at least 10 minutes before removing from the pan. Dust with powdered sugar and enjoy!

Nutrition Facts

12 servings per container

Serving size 1/12 cake (84g)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 20g 26%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 300mg 13%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 4%

Total Sugars 13g

Includes 11g Added Sugars 22%

Protein 3g

Vitamin D 0.2mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: EGG, WHEAT

Recipe adapted from NYTimes "Carrot-Orange Olive Oil Cake" (09.17.2025)



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