

Carrot Pudding

Olga Rosado - St Thomas, Virgin Islands
Treasure Classics - National LP Gas Association - 1985

Servings: 6

1/2 cup butter or margarine
2/3 cup sugar
1 1/2 cups raw grated carrots
3/4 to one cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon grated nutmeg
1/4 teaspoon powdered cloves
1 cup seeded raisins

Preparation Time: 15 minutes**Bake Time: 40 minutes**

In a bowl, cream the butter. Add the sugar.

Scrape the carrots and grate. Add the grated carrots to the creamed butter and sugar.

In a bowl, mix and sift the flour, baking powder, salt, cinnamon, nutmeg and cloves. Add the raisins. Add to the carrot mixture. Mix well. Pour the mixture into a greased and floured two-quart tube pan.

Bake in a moderate oven at 350 degrees for about 40 minutes.

Cool and serve with a wine sauce.

Per Serving (excluding unknown items): 351 Calories; 16g Fat (38.8% calories from fat); 2g Protein; 53g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 422mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.