

## Laurie's Carrot Ring

**Makes 10 servings**

2/3 cup Crisco  
1/2 cup brown sugar  
1 egg  
1/2 teaspoon vanilla  
1 tablespoon lemon juice  
1 cup grated carrots  
1 1/4 cup flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon salt  
2 tablespoons cold water  
1/2 cup raisins, if desired

1. Preheat oven to 350 degrees. Grease a 9 inch ring baking pan and set aside.
2. Cream together Crisco and brown sugar until well mixed.
3. Add in egg, vanilla, lemon juice and carrots and mix well.
4. In a separate bowl, mix together flour, baking soda, baking powder, cinnamon, and salt and fold into carrot mixture.
5. Add the cold water and raisins, if desired, and mix well.
6. Pour into well-greased 9-inch ring mold and bake in a preheated 350-degree oven for approximately 40-45 minutes or until a toothpick inserted in the center comes out clean.

This can be prepared ahead of time and placed in the refrigerator until ready to bake and serve. Remove from refrigerator one hour before baking.

This can also be made in a muffin tin and will yield 10 small muffins or 6 large muffins. Adjust baking time accordingly. It can be baked in a bundt pan if you double the recipe.

**Laurie's Carrot Ring**  
**Nutrition Facts**  
**Servings: 10**

Amount per serving

Calories	197
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% Daily Value\*

<b>Total Fat</b> 8g	10%
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Saturated Fat 3.1g	16%
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<b>Cholesterol</b> 41mg	14%
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<b>Sodium</b> 400 mg	15%
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<b>Total Carbohydrate</b> 29g	11%
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Dietary Fiber 3.7g	13%
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Total Sugars 9.4g	
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<b>Protein</b> 3.1g	
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Vitamin D 4mcg	18%
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Calcium 503mg	39%
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Iron 2mg	12%
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Potassium 1155mg	25%
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*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet.  
[2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [www.verywellfit.org](http://www.verywellfit.org)