Proof that $det \circ exp = exp \circ tr$

Ingredient. Triangular matrices are closed under multiplication. Let A and B be upper triangular matrices, so that $A_{ij} = B_{ij} = 0$ for i > j. From

$$(AB)_{ij} = \sum_{k} A_{ik} B_{kj} = \sum_{k} \begin{cases} A_{ik} B_{kj} & \text{if } i \leq k \leq j \\ 0 & \text{otherwise} \end{cases}$$

it follows that AB is also upper triangular. In particular, $(AB)_{ii} = A_{ii}B_{ii}$.

Ingredient. Only diagonal elements of triangular matrices affect the trace.

$$\operatorname{tr}(AB) = \sum_{k} (AB)_{kk} = \sum_{k} A_{kk} B_{kk} = \operatorname{diag}(A) \cdot \operatorname{diag}(B)$$

Ingredient. Only diagonal elements of triangular matrices affect the determinant. If A is triangular, then

$$\det(A) = \sum_{\sigma \in S_n} (-1)^{\sigma} \prod_{i=1}^n A_{i\sigma(i)} = \prod_{i=1}^n A_{ii}$$

because all the permutations σ except the identity have some $1 \le k \le n$ such that $\sigma(k) < k$.

Ingredient. Any square matrix A can be put in Jordan normal form $A = PJP^{-1}$, where J is upper triangular.

$$\begin{aligned} \det(\exp(A)) &= \det\left(\exp(PJP^{-1})\right) \\ &= \det\left(P\exp(J)P^{-1}\right) \\ &= \det(P)\det(\exp(J))\det\left(P^{-1}\right) \\ &= \det(\exp(J)) \\ &= \prod_{i=1}^n \exp(J)_{ii} \\ &= \prod_{i=1}^n \sum_{n=0}^\infty \frac{1}{n!} (J^n)_{ii} \\ &= \prod_{i=1}^n \sum_{n=0}^\infty \frac{1}{n!} (J_{ii})^n \\ &= \prod_{i=1}^n \exp(J_{ii}) \\ &= \exp\left(\sum_{i=1}^n J_{ii}\right) \\ &= \exp(\operatorname{tr}(J)) \\ &= \exp(\operatorname{tr}(PP^{-1}J)) \\ &= \exp(\operatorname{tr}(PJP^{-1}J)) \\ &= \exp(\operatorname{tr}(A)) \end{aligned}$$