

Ambrosia Cake

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 12 oz fluffy frosting white
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup water
- ☐ 1 teaspoon orange zest grated
- ☐ 2 teaspoons orange juice

☐ 2 tablespoons coconut flakes flaked

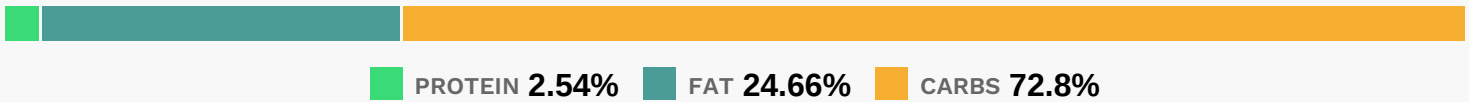
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box for two 8-inch or 9-inch round pans.
- ☐ To make orange-coconut filling, in small microwavable bowl, mix sugar and cornstarch. Gradually stir in 1/3 cup water. Stir in orange peel and orange juice. Microwave uncovered on High about 1 minute or until mixture thickens and boils; stir. Microwave 30 seconds longer, stirring every 15 seconds. Stir in 2 tablespoons coconut; cool.
- ☐ Fill cake layers with orange-coconut filling. Frost side and top of cake with frosting.
- ☐ Sprinkle 1/2 cup coconut over top. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:11.25, Inflammation Score:-1, Nutrition Score:4.7321739013752%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 325.64kcal (16.28%), Fat: 9.02g (13.88%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 58.74g (21.36%), Sugar: 40.6g (45.11%), Cholesterol: 0mg (0%), Sodium: 352.77mg (15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Phosphorus: 159.58mg (15.96%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.21mg (10.45%), Calcium: 96.98mg (9.7%), Folate: 33.22µg (8.31%), Vitamin B1: 0.1mg (6.68%), Selenium: 4.58µg (6.54%), Iron: 1.04mg (5.77%), Vitamin B3: 1.12mg (5.61%), Vitamin E: 0.83mg (5.52%), Fiber: 1.21g (4.84%), Vitamin K: 4.86µg (4.63%), Copper: 0.07mg (3.59%), Magnesium: 9.2mg (2.3%), Zinc: 0.31mg

(2.05%), Vitamin B5: 0.18mg (1.8%), Potassium: 62.89mg (1.8%), Vitamin B6: 0.03mg (1.3%), Vitamin C: 0.88mg (1.06%)