



Ambrosia Layer Cake

READY IN



120 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2.8 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 2 teaspoons plus light
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg whites
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 2 teaspoons orange zest fresh finely grated
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 7 oz coconut sweetened flaked ()
- ☐ 3 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 2 large eggs whole
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ stand mixer
- ☐ wax paper
- ☐ skewers
- ☐ serrated knife

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter and flour cake pans, knocking out excess flour.
- ☐ Sift together flour (2 3/4 cups), baking powder, and salt into a bowl.
- ☐ Beat together butter and sugar with an electric mixer (fitted with paddle attachment if using a stand mixer) at medium-high speed until pale and fluffy, 3 to 5 minutes. Beat in eggs 1 at a time, then beat in zest and vanilla and continue beating 5 minutes more. Reduce speed to low, then add flour mixture and milk alternately in 4 batches, beginning with flour mixture and

mixing until batter is just smooth. Divide between cake pans, spreading evenly.

- ☐ Bake cake layers until they begin to pull away from sides of pans and a wooden pick or skewer comes out clean, 20 to 25 minutes. Cool 5 minutes in pans on racks, then invert cake layers onto racks and cool completely. (Leave oven on for toasting coconut.)
- ☐ Whisk together eggs in a heatproof bowl until combined well.
- ☐ With clean dry whisk, stir together sugar, cornstarch, and a pinch of salt in a 1 1/2- to 2-quart heavy saucepan, then whisk in water and juices until smooth. Bring to a boil over moderate heat, whisking, then reduce heat and cook at a bare simmer, whisking constantly, 2 minutes (mixture will be thick).
- ☐ Add half of hot juice mixture to eggs in a slow stream, whisking, then whisk egg mixture into juices in saucepan and cook over moderately low heat, whisking, just until it reaches a boil.
- ☐ Remove pan from heat, then add butter and zest, whisking until butter is melted. Chill filling, its surface covered with a buttered round of wax paper (buttered side down), until cold, about 30 minutes.
- ☐ Spread coconut in a shallow baking pan and toast in oven, stirring occasionally, until golden, 12 to 15 minutes.
- ☐ Beat together egg whites, sugar, water, corn syrup, and a pinch of salt in a large metal bowl with a handheld electric mixer (clean beaters if necessary) until combined. Set bowl over a saucepan of simmering water and beat mixture at high speed until it holds stiff, glossy peaks, 5 to 7 minutes. (Humid weather may necessitate additional beating time.)
- ☐ Remove bowl from heat, then add vanilla and lemon juice and continue beating until frosting is cooled and very thick, 6 to 10 minutes.
- ☐ Halve each cake horizontally with a long serrated knife. Put 1 layer on a cake stand or large plate and spread with about 3/4 cup filling. Stack remaining cake layers using about 3/4 cup filling between each layer.
- ☐ Spread top and side of cake with frosting and coat cake with coconut, gently pressing to help it adhere.
- ☐ · Cake layers (not split horizontally) can be made 3 days ahead and chilled, wrapped individually in plastic wrap.· Filling can be chilled up to 8 hours. Stir before spreading.· Frosting can be made 4 hours ahead and chilled, covered.· Cake can be assembled and frosted 2 hours ahead.

Nutrition Facts



 **PROTEIN 7.99%**  **FAT 26.7%**  **CARBS 65.31%**

Properties

Glycemic Index:28.17, Glycemic Load:26.46, Inflammation Score:-2, Nutrition Score:6.156521824391%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 316.4kcal (15.82%), Fat: 9.48g (14.58%), Saturated Fat: 6.88g (42.97%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 49.76g (18.09%), Sugar: 26.06g (28.95%), Cholesterol: 40.97mg (13.65%), Sodium: 263.84mg (11.47%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 6.38g (12.76%), Selenium: 18.32µg (26.17%), Manganese: 0.39mg (19.7%), Phosphorus: 103.51mg (10.35%), Fiber: 2.41g (9.63%), Calcium: 88.36mg (8.84%), Vitamin C: 5.78mg (7.01%), Vitamin B2: 0.12mg (6.95%), Copper: 0.12mg (5.88%), Magnesium: 21.36mg (5.34%), Potassium: 163.06mg (4.66%), Iron: 0.8mg (4.42%), Folate: 17.47µg (4.37%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.57mg (3.83%), Vitamin A: 188.07IU (3.76%), Vitamin B1: 0.05mg (3.42%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.44µg (2.95%), Vitamin B3: 0.48mg (2.41%), Vitamin B6: 0.05mg (2.38%), Vitamin E: 0.3mg (1.99%)