



## Aunt Connie's Coconut Cake

READY IN



170 min.

SERVINGS



10

CALORIES



582 kcal

DESSERT

### Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter softened
- 2 tablespoons cornstarch
- 6 eggs
- 3 cups flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 0.5 cup solid vegetable shortening
- 1 cup cup heavy whipping cream sour

- 7 ounce coconut or sweetened flaked
- 2 teaspoons vanilla extract
- 1 cup sugar white

## Equipment

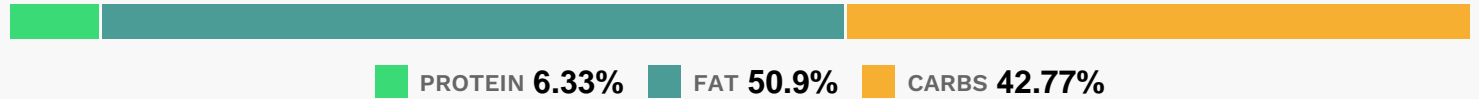
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks

## Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Grease a 10-inch tube pan.
- Combine flour, salt, and baking soda in a bowl.
- Beat 1 1/2 cup butter and 3 cups sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- Beat eggs one at a time into butter mixture, allowing each egg to blend completely before adding the next. Beat in sour cream and 1 teaspoon vanilla extract with the last egg.
- Gradually stir flour mixture into egg mixture, mixing until just incorporated.
- Fold in 7 ounces flaked coconut, mixing just enough to evenly combine.
- Pour the batter into prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 90 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
- Whisk milk and cornstarch in a saucepan over medium heat until mixture becomes very thick, stirring constantly, about 5 minutes; set aside to cool completely.

- Beat 1 cup sugar, 1/2 cup butter, and shortening with an electric mixer in a bowl until mixture is smooth and creamy.
- Beat cooled milk paste and 2 teaspoons vanilla extract into sugar mixture to achieve a light and creamy frosting.
- Spread frosting over completely cooled cake and sprinkle remaining 3 1/2 ounces flaked coconut over the frosting.

## Nutrition Facts



### Properties

Glycemic Index:23.31, Glycemic Load:35.1, Inflammation Score:-5, Nutrition Score:11.592174073924%

### Nutrients (% of daily need)

Calories: 582.31kcal (29.12%), Fat: 33.2g (51.07%), Saturated Fat: 17.3g (108.11%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 59.79g (21.74%), Sugar: 29.53g (32.81%), Cholesterol: 139.11mg (46.37%), Sodium: 270.5mg (11.76%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 9.28g (18.57%), Selenium: 25.61µg (36.58%), Manganese: 0.46mg (23.03%), Vitamin B2: 0.39mg (22.92%), Vitamin B1: 0.33mg (21.93%), Folate: 83.35µg (20.84%), Phosphorus: 157.72mg (15.77%), Iron: 2.55mg (14.15%), Vitamin A: 609.01IU (12.18%), Vitamin B3: 2.43mg (12.14%), Fiber: 2.99g (11.97%), Vitamin E: 1.29mg (8.61%), Vitamin B5: 0.85mg (8.48%), Calcium: 79.02mg (7.9%), Vitamin B12: 0.43µg (7.24%), Copper: 0.14mg (6.94%), Magnesium: 27.14mg (6.78%), Vitamin K: 6.86µg (6.53%), Zinc: 0.93mg (6.23%), Potassium: 217.91mg (6.23%), Vitamin D: 0.8µg (5.31%), Vitamin B6: 0.09mg (4.61%)