



Caramel Cream Cake



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



159 kcal

Ingredients



1 cup pecans toasted finely chopped



12 servings raspberries fresh



1 cup coconut sweetened flaked finely chopped



1 cup coconut sweetened flaked toasted

Equipment

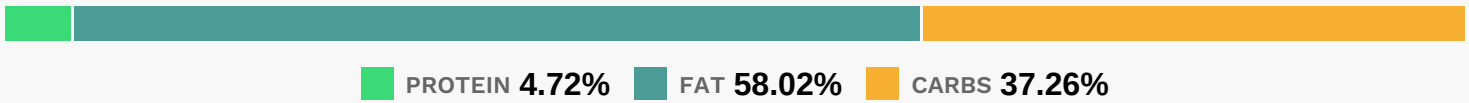


oven

Directions

- ☐ Stir 1 cup finely chopped coconut into Pecan Pie Cake Batter; spoon batter into 3 greased and floured 9-inch cake pans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Spread Pecan Pie Filling between layers.
- ☐ Spread Cream Cheese Frosting on top and sides of cake.
- ☐ Sprinkle top and sides with toasted pecans and toasted coconut.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.88, Inflammation Score:-3, Nutrition Score:7.2034783985304%

Flavonoids

Cyanidin: 28.44mg, Cyanidin: 28.44mg, Cyanidin: 28.44mg, Cyanidin: 28.44mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 158.57kcal (7.93%), Fat: 10.9g (16.76%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 9.57g (3.48%), Sugar: 8.23g (9.14%), Cholesterol: 0mg (0%), Sodium: 40.97mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Manganese: 0.95mg (47.33%), Fiber: 6.17g (24.7%), Vitamin C: 15.82mg (19.18%), Copper: 0.2mg (10.24%), Magnesium: 31.42mg (7.85%), Phosphorus: 56.73mg (5.67%), Vitamin B1: 0.08mg (5.42%), Potassium: 178.98mg (5.11%), Zinc: 0.76mg (5.09%), Iron: 0.86mg (4.77%), Vitamin K: 5µg (4.76%), Vitamin E: 0.65mg (4.33%), Selenium: 2.75µg (3.92%), Folate: 15.02µg (3.76%), Vitamin B5: 0.3mg (2.96%), Vitamin B6: 0.06mg (2.82%), Vitamin B3: 0.56mg (2.82%), Calcium: 22.92mg (2.29%), Vitamin B2: 0.04mg (2.16%)