



Caramel Italian Cream Cake

READY IN



145 min.

SERVINGS



12

CALORIES



561 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 3 cups coconut or shaved
- ☐ 5 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup pecans finely chopped

- ☐ 0.5 cup shortening
- ☐ 1 cup coconut or sweetened flaked
- ☐ 1 tablespoon vanilla extract

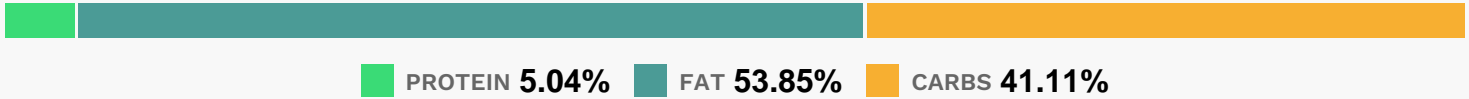
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Place shaved coconut in a single layer in a shallow pan.
- ☐ Place pecans in a second shallow pan.
- ☐ Bake coconut and pecans at the same time 5 to 7 minutes or until coconut is toasted and pecans are lightly toasted and fragrant, stirring halfway through.
- ☐ Beat butter and shortening at medium speed with an electric mixer until fluffy; gradually add granulated and brown sugars, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Add vanilla, beating until blended.
- ☐ Combine flour and baking soda; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in pecans and 1 cup sweetened flaked coconut.
- ☐ Beat egg whites at high speed until stiff peaks form, and fold into batter.
- ☐ Pour batter into 3 greased and floured 9-inch round cake pans.
- ☐ Bake at 350 for 23 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Prepare Quick Caramel Frosting. Immediately spread frosting between layers and on top of cake.
- ☐ Spread Cream Cheese Frosting over sides of cake; press 3 cups toasted shaved coconut onto sides of cake.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:29.42, Inflammation Score:-4, Nutrition Score:11.022608712963%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 561.42kcal (28.07%), Fat: 34.36g (52.87%), Saturated Fat: 16.43g (102.71%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 55.1g (20.03%), Sugar: 39.31g (43.67%), Cholesterol: 100.04mg (33.35%), Sodium: 230.46mg (10.02%), Alcohol: 0.37g (100%), Alcohol %: 0.31% (100%), Protein: 7.23g (14.46%), Manganese: 0.93mg (46.74%), Selenium: 18.06µg (25.8%), Vitamin B1: 0.26mg (17.19%), Fiber: 3.94g (15.74%), Vitamin B2: 0.26mg (15.2%), Folate: 56.7µg (14.18%), Phosphorus: 138.3mg (13.83%), Copper: 0.27mg (13.69%), Iron: 2.25mg (12.48%), Zinc: 1.19mg (7.92%), Magnesium: 31.23mg (7.81%), Vitamin E: 1.16mg (7.76%), Vitamin A: 386.95IU (7.74%), Vitamin B3: 1.55mg (7.73%), Vitamin B5: 0.72mg (7.16%), Potassium: 228.62mg (6.53%), Calcium: 58.06mg (5.81%), Vitamin K: 5.75µg (5.48%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.68µg (4.51%), Vitamin B6: 0.09mg (4.41%)