



## Chocolate-Coconut Candy Bar Cake

READY IN



250 min.

SERVINGS



16

CALORIES



870 kcal

DESSERT

### Ingredients

- ☐ 2.7 cups coconut flakes flaked
- ☐ 1.7 cups powdered sugar
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons water hot
- ☐ 1 teaspoon vanilla
- ☐ 3 egg whites
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 cups granulated sugar
- ☐ 0.5 cup butter softened

- ☐ 0.5 cup shortening
- ☐ 3 egg yolk
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon coconut extract
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon baking soda
- ☐ 2 cups flour all-purpose
- ☐ 1 cup almonds chopped
- ☐ 1 cup coconut flakes flaked
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 0.7 cup evaporated milk
- ☐ 2 teaspoons vanilla
- ☐ 4 cups powdered sugar
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup cocoa powder
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water hot

## Equipment

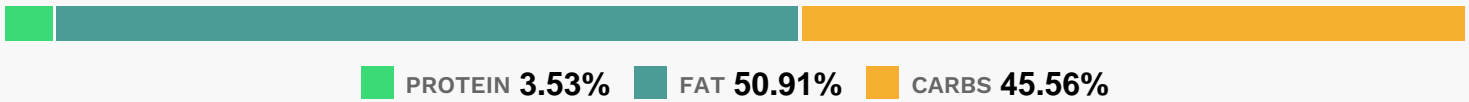
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Grease bottoms and sides of three 9-inch round cake pans with shortening; lightly flour. In medium bowl, mix 2 2/3 cups coconut, 1 2/3 cups powdered sugar,

- 1/4 cup butter, 2 tablespoons hot water and 1 teaspoon vanilla with spoon; divide evenly into 16 pieces. Shape each piece into bar, about 1 1/2 inches long. (
- ☐ Mixture will be sticky; butter hands if desired.)
  - ☐ Place bars on waxed paper.
  - ☐ In medium bowl, beat egg whites and cream of tartar with electric mixer on high speed until stiff peaks form; set aside.
  - ☐ In another medium bowl, beat 2 cups granulated sugar, 1/2 cup butter and the shortening with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in egg yolks, 1 at a time, beating after each addition until blended. Beat in 1 teaspoon vanilla and the coconut extract. In small bowl, mix buttermilk and baking soda until baking soda is dissolved. Alternately add flour and buttermilk mixture to sugar mixture, beating after each addition until smooth. Stir in almonds and 1 cup coconut. Fold in egg whites.
  - ☐ Pour into pans.
  - ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 1 hour.
  - ☐ In medium bowl, beat all filling ingredients with electric mixer on medium speed until smooth. Fill layers with filling. Arrange candy bars evenly around edge of cake; cover and freeze at least 2 hours.
  - ☐ In medium bowl, mix all frosting ingredients except 1/3 cup hot water with spoon. Stir in hot water until blended; add additional water 1 tablespoon at a time until spreadable. Spoon frosting by tablespoonfuls over candy bars just until bars are covered.
  - ☐ Spread remaining frosting on side and top of cake (thin frosting with additional water if needed to spread easily).

## Nutrition Facts



## Properties

Glycemic Index:16.01, Glycemic Load:35.11, Inflammation Score:-7, Nutrition Score:13.076521660971%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 869.78kcal (43.49%), Fat: 50.76g (78.1%), Saturated Fat: 19.77g (123.56%), Carbohydrates: 102.19g (34.06%), Net Carbohydrates: 96.48g (35.08%), Sugar: 82.94g (92.16%), Cholesterol: 41.15mg (13.72%), Sodium: 328.51mg (14.28%), Alcohol: 0.54g (100%), Alcohol %: 0.33% (100%), Caffeine: 6.18mg (2.06%), Protein: 7.93g (15.85%), Manganese: 0.96mg (47.96%), Vitamin E: 3.98mg (26.55%), Fiber: 5.71g (22.83%), Selenium: 13.94µg (19.92%), Vitamin B2: 0.33mg (19.5%), Copper: 0.39mg (19.44%), Vitamin A: 902.12IU (18.04%), Phosphorus: 173.05mg (17.31%), Magnesium: 64.25mg (16.06%), Iron: 2.26mg (12.54%), Vitamin B1: 0.18mg (11.86%), Folate: 42.1µg (10.53%), Calcium: 92.34mg (9.23%), Potassium: 322.57mg (9.22%), Zinc: 1.19mg (7.94%), Vitamin B3: 1.47mg (7.37%), Vitamin K: 7.12µg (6.78%), Vitamin B5: 0.62mg (6.15%), Vitamin B6: 0.11mg (5.3%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.39µg (2.59%)