



Chocolate-Coconut Torte

 Gluten Free

READY IN



85 min.

SERVINGS



25

CALORIES



126 kcal

Ingredients

- 1.5 cups baker's angel flake coconut divided
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2 baked 9-inch round cake layers yellow cooled
- 2.8 cups milk cold
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Cut each cake layer horizontally in half.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. (
- Mixture will be thick.) Stir in 1 cup of the coconut.
- Place 1 of the bottom cake layers on serving plate; cover with 1/3 of the pudding mixture. Repeat cake and pudding layers 2 times; top with remaining cake layer. Stir remaining coconut into whipped topping; spread over top of cake. Refrigerate at least 1 hour or until ready to serve. Store leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:3.3386956900358%

Nutrients (% of daily need)

Calories: 126.39kcal (6.32%), Fat: 5.19g (7.99%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 16.92g (6.15%), Sugar: 11.24g (12.48%), Cholesterol: 27.76mg (9.25%), Sodium: 164.91mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Manganese: 0.19mg (9.59%), Phosphorus: 72.77mg (7.28%), Vitamin B2: 0.11mg (6.44%), Calcium: 53.28mg (5.33%), Selenium: 3.71µg (5.3%), Vitamin B1: 0.08mg (5.13%), Iron: 0.83mg (4.59%), Fiber: 0.95g (3.82%), Vitamin B12: 0.21µg (3.48%), Folate: 11.83µg (2.96%), Copper: 0.06mg (2.82%), Potassium: 94.93mg (2.71%), Magnesium: 10.7mg (2.67%), Vitamin B3: 0.53mg (2.63%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.34µg (2.29%), Zinc: 0.34mg (2.26%), Vitamin B6: 0.04mg (2.24%), Vitamin A: 82.66IU (1.65%)