



Classic ANGEL FLAKE Coconut Cake

READY IN



153 min.

SERVINGS



33

CALORIES



148 kcal

DESSERT

Ingredients

- 3.4 oz jell-o coconut cream flavor pudding instant
- 2.7 cups baker's angel flake coconut divided (7-oz. pkg.)
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.3 cups milk cold divided
- 0.3 cup powdered sugar
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

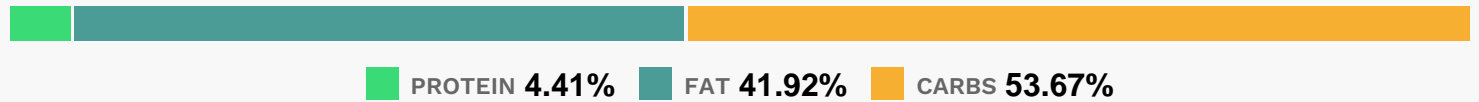
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350F.
- Prepare cake batter and bake as directed on package for 2 (9-inch) round layers, stirring 2/3 cup coconut, 1/4 cup milk and dry coconut pudding mix into batter before pouring into prepared pans. Cool cakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Meanwhile, beat dry vanilla pudding mix, sugar and remaining milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in COOL WHIP. Refrigerate until ready to assemble cake.
- Stack cake layers on plate, filling with layers of 1 cup of the pudding mixture and 3/4 cup of the remaining coconut. Frost top and side of cake with remaining pudding mixture. Press remaining coconut into pudding mixture. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:1.15, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.9973912861036%

Nutrients (% of daily need)

Calories: 148.17kcal (7.41%), Fat: 7.09g (10.91%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 19.03g (6.92%), Sugar: 12.56g (13.96%), Cholesterol: 1.25mg (0.42%), Sodium: 143.74mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Manganese: 0.26mg (12.86%), Phosphorus: 80.76mg (8.08%), Fiber: 1.39g (5.56%), Calcium: 51.57mg (5.16%), Copper: 0.08mg (3.92%), Vitamin B2: 0.06mg (3.68%), Iron: 0.63mg (3.5%), Vitamin B1: 0.05mg (3.18%), Folate: 12.15µg (3.04%), Selenium: 2.11µg (3.02%), Magnesium: 10.16mg (2.54%), Vitamin B3: 0.45mg (2.23%), Potassium: 75.56mg (2.16%), Vitamin B6: 0.04mg (2.05%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.54%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.08µg (1.32%)