



## Coconut Butter Cake with Ginger Ice Milk

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 large egg whites
- ☐ 0.8 cup skim milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 12 servings ice cubes
- ☐ 0.8 cup buttermilk low-fat
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup coconut sweetened flaked
- ☐ 6 tablespoons butter unsalted softened
- ☐ 2 teaspoons vanilla extract

## Equipment

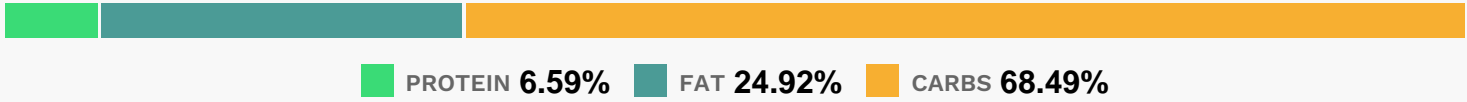
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch (3 inches deep) springform pan with cooking spray; dust with 2 tablespoons sugar.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed until creamy and pale (about 2 minutes); gradually add 1 1/3 cups sugar. Beat at high speed 3 minutes or until fluffy. Beat in vanilla.
- ☐ Add egg whites, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Combine milk and buttermilk.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Fold in coconut.

- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on wire rack; remove from pan. Cool completely on wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Serve with Ginger Ice Milk.

## Nutrition Facts



## Properties

Glycemic Index:20.7, Glycemic Load:28.66, Inflammation Score:-3, Nutrition Score:4.6704347600108%

## Nutrients (% of daily need)

Calories: 255.44kcal (12.77%), Fat: 7.14g (10.98%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 43.23g (15.72%), Sugar: 27.82g (30.92%), Cholesterol: 16.11mg (5.37%), Sodium: 244.66mg (10.64%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 4.24g (8.49%), Selenium: 10.11µg (14.44%), Vitamin B1: 0.18mg (11.9%), Vitamin B2: 0.19mg (11.21%), Folate: 39.83µg (9.96%), Manganese: 0.18mg (9.04%), Vitamin B3: 1.3mg (6.48%), Phosphorus: 58.73mg (5.87%), Iron: 1.05mg (5.83%), Calcium: 45.45mg (4.54%), Vitamin A: 213.22IU (4.26%), Fiber: 0.91g (3.65%), Magnesium: 11.57mg (2.89%), Potassium: 99.93mg (2.86%), Copper: 0.06mg (2.83%), Vitamin B12: 0.14µg (2.35%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.32mg (2.14%), Vitamin D: 0.27µg (1.82%), Vitamin B6: 0.03mg (1.25%), Vitamin E: 0.18mg (1.22%)