



Coconut Cake

READY IN



105 min.

SERVINGS



16

CALORIES



467 kcal

DESSERT

Ingredients

- 2.8 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 1 cup butter softened
- 2 cups sugar
- 4 eggs whole
- 1.5 teaspoons vanilla
- 1.5 teaspoons almond extract
- 1 cup milk

- 1.5 cups sugar
- 0.5 cup water
- 4 egg whites
- 0.5 teaspoon cream of tartar
- 0.1 teaspoon salt
- 6 large marshmallows cut into small pieces
- 2 tablespoons sugar
- 0.3 cup lite coconut milk reduced-fat (lite) (not cream of coconut)
- 2 cups coconut flakes flaked

Equipment

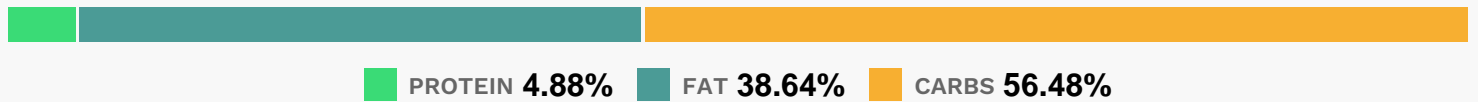
- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- microwave
- candy thermometer

Directions

- Heat oven to 350°F. Grease 3 (9-inch) round cake pans with shortening; lightly flour. In medium bowl, mix flour, baking powder and 1 teaspoon salt; set aside.
- In large bowl, beat butter with electric mixer on medium speed 30 seconds. Gradually add 2 cups sugar, 1/4 cup at a time, beating well after each addition. Beat 2 minutes longer.
- Add whole eggs, one at a time, beating well after each addition. Beat in vanilla and almond extract. On low speed, alternately add flour mixture and milk, beating just until blended. Divide batter evenly among pans.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely.

- In heavy 2-quart saucepan, mix 1 1/2 cups sugar and the water. Cook over medium heat, stirring constantly, until mixture is clear. Cook, without stirring, to 240°F on candy thermometer, about 10 minutes. Meanwhile, in large bowl, beat egg whites with electric mixer on low speed until foamy.
- Add cream of tartar and 1/8 teaspoon salt; beat on medium speed until soft peaks form. Increase speed to high; pour hot syrup into egg white mixture.
- Add marshmallows, a few pieces at a time, beating until stiff peaks form and frosting is thick enough to spread.
- In small microwavable bowl, microwave 2 tablespoons sugar and the coconut milk on High 1 minute; stir until sugar dissolves.
- Brush half of the coconut milk mixture over 1 cake layer to within 1/2 inch of edge. Frost with 1 cup of the frosting; sprinkle with 1/2 cup of the coconut. Top with second cake layer; brush with remaining coconut milk mixture. Frost with 1 cup frosting; sprinkle with 1/2 cup coconut. Top with remaining cake layer.
- Spread remaining frosting on top and side of cake; sprinkle with remaining coconut.

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:45.14, Inflammation Score:-4, Nutrition Score:7.4047826398974%

Nutrients (% of daily need)

Calories: 466.66kcal (23.33%), Fat: 20.48g (31.51%), Saturated Fat: 14.24g (89.02%), Carbohydrates: 67.36g (22.45%), Net Carbohydrates: 65.04g (23.65%), Sugar: 48.44g (53.82%), Cholesterol: 73.25mg (24.42%), Sodium: 351.6mg (15.29%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Protein: 5.82g (11.64%), Manganese: 0.45mg (22.36%), Selenium: 14.88µg (21.25%), Vitamin B2: 0.24mg (13.83%), Vitamin B1: 0.19mg (12.61%), Folate: 46.19µg (11.55%), Phosphorus: 98.02mg (9.8%), Fiber: 2.32g (9.26%), Iron: 1.64mg (9.11%), Vitamin A: 438.65IU (8.77%), Vitamin B3: 1.38mg (6.88%), Copper: 0.13mg (6.66%), Calcium: 65.16mg (6.52%), Magnesium: 18.91mg (4.73%), Potassium: 152.12mg (4.35%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.07mg (3.52%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.39µg (2.59%), Vitamin K: 1.17µg (1.11%)