Coconut Cake

READY IN	SERVINGS	CALORIES
45 min.	10	546 kcal

DESSERT

Ingredients

- [ ] 2 teaspoons double-acting baking powder
- [ ] 0.5 cup buttermilk
- [ ] 2 cups cake flour
- [ ] 1.5 cups coconut or shredded
- [ ] 1 teaspoon coconut extract
- [ ] 2 large egg whites
- [ ] 4 large eggs separated at room temperature
- [ ] 1 tablespoon juice of lemon fresh
- [ ] 1 teaspoon lemon zest grated

- [ ] 0.3 teaspoon salt
- [ ] 1.3 cups sugar
- [ ] 2 cups sugar
- [ ] 12 tablespoons butter unsalted at room temperature ()
- [ ] 1 teaspoon vanilla extract

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] baking paper
- [ ] oven
- [ ] mixing bowl
- [ ] wire rack
- [ ] hand mixer
- [ ] toothpicks
- [ ] candy thermometer

Directions

- [ ] Make cake: Preheat oven to 350F. Butter 2 9-inch round cake pans.
- [ ] Cut 2 circles of parchment paper to fit pans and place in bottoms. Butter paper and sprinkle pans with flour. Turn and shake pans to coat surface evenly. Tap out excess flour.
- [ ] Using an electric mixer, beat butter until light and fluffy. Gradually add sugar, beating constantly until well incorporated.
- [ ] Add yolks, one at a time, beating well after each addition. Sift flour with baking powder and salt onto a sheet of parchment or waxed paper.
- [ ] Add dry ingredients to butter mixture in 3 additions, alternating with buttermilk. Beat in vanilla and lemon zest.
- [ ] In a separate clean, dry mixing bowl, beat egg whites with a pinch of salt until medium-firm peaks form, but don't allow whites to become dry. Fold about a third of whites into batter to lighten, then fold in remaining whites.

- [ ] Divide batter between pans and bake on middle rack of oven until a toothpick inserted into center comes out clean, about 30 minutes. Cool in pans on a wire rack for 10 minutes, then turn out onto racks to cool completely.

- [ ] Combine sugar, 1/2 cup water and lemon juice in a small saucepan. Bring to a boil over high heat, stirring only until sugar dissolves. Cook syrup until it reaches soft-ball stage, 234F on a candy thermometer. Cool slightly. In a clean, dry bowl, using an electric mixer, beat egg whites until frothy. With beaters running, slowly pour in warm syrup. Beat in vanilla, and continue beating until cool and thickened.

- [ ] Assemble cake: Arrange one cake layer on a serving platter.

- [ ] Spread top evenly with about 1/2 cup frosting. Set second cake layer on top.

- [ ] Spread top and sides of cake with remaining frosting. Gently pat shredded coconut onto frosting around sides and sprinkle coconut generously over top.

Nutrition Facts

PROTEIN 5.14%   **FAT 33.22%**   **CARBS 61.64%**
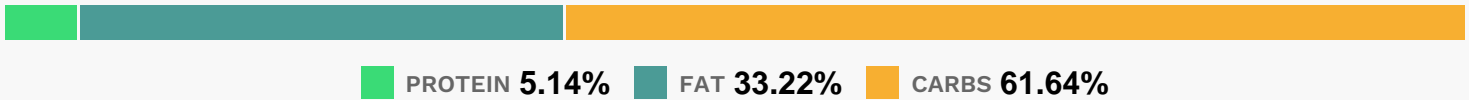
Properties

Glycemic Index:34.02, Glycemic Load:57.58, Inflammation Score:-3, Nutrition Score:6.7400000302688%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 546.33kcal (27.32%), Fat: 20.58g (31.67%), Saturated Fat: 13.11g (81.93%), Carbohydrates: 85.95g (28.65%), Net Carbohydrates: 84.25g (30.64%), Sugar: 66.57g (73.97%), Cholesterol: 111.84mg (37.28%), Sodium: 200.4mg (8.71%), Alcohol: 0.31g (100%), Alcohol %: 0.24% (100%), Protein: 7.17g (14.34%), Selenium: 19.6µg (28.01%), Manganese: 0.39mg (19.53%), Phosphorus: 110.36mg (11.04%), Vitamin A: 548.32IU (10.97%), Vitamin B2: 0.18mg (10.45%), Calcium: 83.07mg (8.31%), Fiber: 1.71g (6.83%), Copper: 0.13mg (6.25%), Folate: 22.46µg (5.62%), Iron: 1mg (5.58%), Vitamin D: 0.81µg (5.39%), Vitamin B5: 0.53mg (5.32%), Vitamin E: 0.74mg (4.93%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.27µg (4.46%), Magnesium: 15.2mg (3.8%), Potassium: 130.97mg (3.74%), Vitamin B1: 0.04mg (2.88%), Vitamin B6: 0.06mg (2.81%), Vitamin B3: 0.36mg (1.8%), Vitamin C: 1.23mg (1.5%), Vitamin K: 1.37µg (1.31%)