



## Coconut Cake

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



2524 kcal

### Ingredients

- 1 teaspoon double-acting baking powder
- 14 ounces condensed milk
- 3 large eggs
- 2.7 cups coconut sweetened

### Equipment

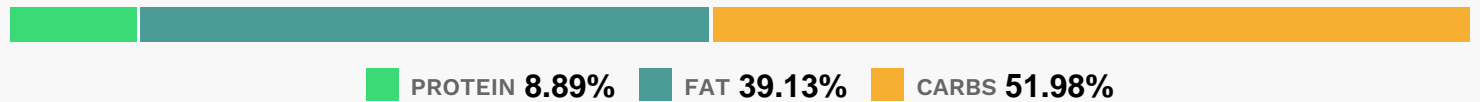
- food processor
- bowl
- frying pan
- oven

baking pan

## Directions

- Preheat oven to 375°F. Butter 8- by 8- by 2-inch baking pan.
- Put eggs, condensed milk and baking powder in the bowl of a food processor. Pulse until combined, 5 pulses.
- Add 2 cups of coconut flakes, pulse until flakes are small but not smooth, 5 seconds.
- Pour batter into pan and top with remaining coconut.
- Bake until top is golden and tester comes out clean, about 35 minutes. When cooled, cut into 1.5 inch squares.

## Nutrition Facts



## Properties

Glycemic Index:153, Glycemic Load:132.72, Inflammation Score:-8, Nutrition Score:50.015652376672%

## Nutrients (% of daily need)

Calories: 2524.25kcal (126.21%), Fat: 112.26g (172.71%), Saturated Fat: 86.32g (539.53%), Carbohydrates: 335.51g (111.84%), Net Carbohydrates: 313.06g (113.84%), Sugar: 299.88g (333.2%), Cholesterol: 692.94mg (230.98%), Sodium: 1787.05mg (77.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.39g (114.78%), Selenium: 141.29µg (201.85%), Phosphorus: 1615.45mg (161.54%), Calcium: 1471.15mg (147.12%), Vitamin B2: 2.37mg (139.45%), Manganese: 2.24mg (112%), Fiber: 22.45g (89.79%), Potassium: 2498.54mg (71.39%), Magnesium: 237.87mg (59.47%), Vitamin B5: 5.59mg (55.94%), Vitamin B12: 3.08µg (51.36%), Zinc: 7.28mg (48.5%), Copper: 0.84mg (41.83%), Iron: 7.24mg (40.24%), Vitamin A: 1869.71IU (37.39%), Folate: 120.96µg (30.24%), Vitamin B1: 0.45mg (30.08%), Vitamin B6: 0.53mg (26.27%), Vitamin D: 3.79µg (25.29%), Vitamin E: 2.21mg (14.73%), Vitamin B3: 2.53mg (12.63%), Vitamin C: 10.32mg (12.51%), Vitamin K: 2.83µg (2.7%)