



Coconut cake

READY IN



85 min.

SERVINGS



10

CALORIES



795 kcal

DESSERT

Ingredients

- ☐ 200 g creamed coconut chopped
- ☐ 3 tbsp vegetable oil; peanut oil preferred
- ☐ 200 g cheese soft
- ☐ 600 g sugar
- ☐ 5 large eggs
- ☐ 2 tsp vanilla extract
- ☐ 375 g flour plain
- ☐ 175 g coconut flakes
- ☐ 10 servings powdered sugar (see below) (both optional)

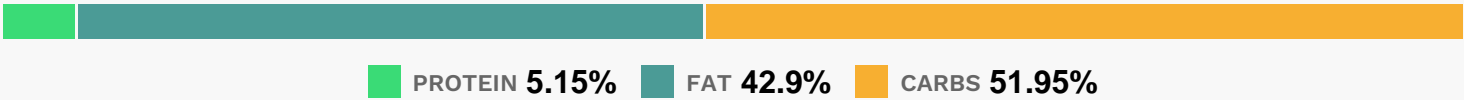
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ skewers

Directions

- ☐ In a small pan, heat the creamed coconut gently until it melts.
- ☐ Mix in oil, then pour into a large bowl. Leave to cool.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line a deep 20 x 30cm baking tin with baking parchment.
- ☐ Add cheese and sugar to the cooled cream, then beat until light and fluffy.
- ☐ Add eggs, one at a time, beating well after each, then the vanilla extract and a pinch of salt. The mix will become mousse-like. Fold in flour, then coconut.
- ☐ Scrape into the tin.
- ☐ Bake for 1 hr-1 hr 5 mins until golden brown and a skewer stuck in the centre comes out clean. Turn out and cool on a rack.
- ☐ Serve, dusted with icing sugar and cut in wedges.
- ☐ Pour on the drizzle, add coconut curls and zest, if using.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:62.89, Inflammation Score:-5, Nutrition Score:14.493478334468%

Nutrients (% of daily need)

Calories: 794.89kcal (39.74%), Fat: 38.98g (59.96%), Saturated Fat: 27.83g (173.94%), Carbohydrates: 106.19g (35.4%), Net Carbohydrates: 102.33g (37.21%), Sugar: 70.04g (77.82%), Cholesterol: 113.2mg (37.73%), Sodium: 113.76mg (4.95%), Alcohol: 0.29g (100%), Alcohol %: 0.19% (100%), Protein: 10.52g (21.04%), Manganese: 1.31mg

(65.33%), Selenium: 25.75µg (36.79%), Vitamin B2: 0.4mg (23.35%), Vitamin B1: 0.33mg (22.12%), Folate: 85.55µg (21.39%), Iron: 3.49mg (19.39%), Copper: 0.38mg (19.08%), Phosphorus: 189.3mg (18.93%), Fiber: 3.87g (15.46%), Vitamin B3: 2.48mg (12.41%), Magnesium: 47.3mg (11.83%), Zinc: 1.45mg (9.69%), Vitamin B5: 0.96mg (9.64%), Vitamin B6: 0.18mg (9.19%), Potassium: 308.85mg (8.82%), Vitamin A: 403.6IU (8.07%), Vitamin E: 1.17mg (7.8%), Calcium: 49.55mg (4.95%), Vitamin B12: 0.27µg (4.44%), Vitamin D: 0.5µg (3.33%)