

Coconut Cake IV

READY IN



90 min.

SERVINGS



10

CALORIES



512 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup butter room temperature
- ☐ 1 cup buttermilk room temperature
- ☐ 1 cup coconut or flaked
- ☐ 1 teaspoon coconut extract
- ☐ 5 eggs room temperature
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar white

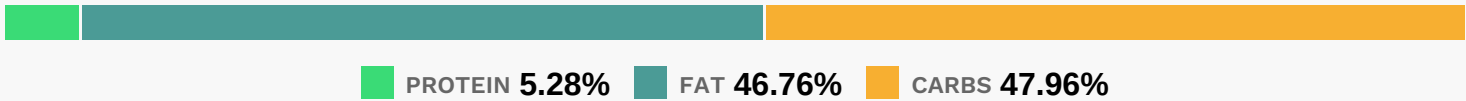
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch tube pan.
- ☐ Mix flour, baking powder, and salt together and set aside.
- ☐ Beat butter and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- ☐ Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next.
- ☐ Mix in coconut extract.
- ☐ Pour in the flour mixture alternately with the buttermilk, mixing until just incorporated. Fold in coconut, mixing just enough to evenly combine.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:42.4, Inflammation Score:-5, Nutrition Score:9.1352174865163%

Nutrients (% of daily need)

Calories: 512.25kcal (25.61%), Fat: 27.15g (41.78%), Saturated Fat: 17.71g (110.72%), Carbohydrates: 62.67g (20.89%), Net Carbohydrates: 60.6g (22.04%), Sugar: 41.94g (46.6%), Cholesterol: 133.29mg (44.43%), Sodium: 566.24mg

(24.62%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.9g (13.81%), Selenium: 18.16µg (25.94%), Manganese: 0.41mg (20.72%), Vitamin B2: 0.29mg (17.04%), Vitamin B1: 0.22mg (14.84%), Folate: 58.74µg (14.68%), Vitamin A: 725.67IU (14.51%), Phosphorus: 140.24mg (14.02%), Calcium: 122.44mg (12.24%), Iron: 1.99mg (11.08%), Fiber: 2.06g (8.25%), Vitamin B3: 1.58mg (7.88%), Copper: 0.13mg (6.45%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.34µg (5.75%), Vitamin E: 0.83mg (5.51%), Vitamin D: 0.75µg (5.01%), Zinc: 0.75mg (4.98%), Magnesium: 19.03mg (4.76%), Vitamin B6: 0.08mg (4.17%), Potassium: 142.93mg (4.08%), Vitamin K: 1.83µg (1.74%)