



Coconut Cake with Buttercream Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons baking powder
- 0.3 cup butter softened
- 6 tablespoons butter softened
- 1 tablespoon cake flour
- 10 ounces cake flour
- 0.3 teaspoon coconut extract
- 0.5 teaspoon cream of tartar
- 0.3 cup egg substitute
- 5 large egg whites

- 2 large eggs
- 0.8 cup lite coconut milk light
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1 cup sugar
- 2 cups sugar
- 3 tablespoons coconut sweetened flaked toasted
- 0.3 cup water

Equipment

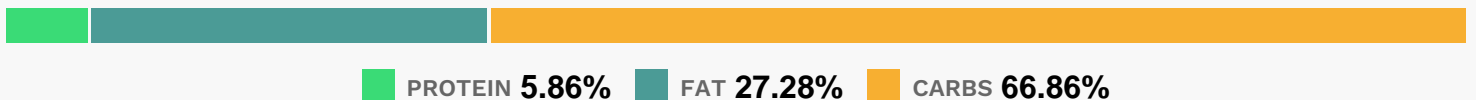
- bowl
- sauce pan
- oven
- knife
- whisk
- blender
- wax paper
- measuring cup
- candy thermometer

Directions

- Preheat oven to 35
- To prepare cake, coat 3 (8-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Lightly coat wax paper with cooking spray; dust pans with 1 tablespoon flour.
- Lightly spoon 2 1/2 cups flour into dry measuring cups, and level with a knife.
- Combine flour, baking powder, and salt, stirring with a whisk.
- Place 2 cups sugar and 6 tablespoons butter in a large bowl; beat with a mixer at medium speed for 2 minutes or until well blended.
- Add egg substitute and eggs to sugar mixture; beat well.

- Add flour mixture and coconut milk alternately to sugar mixture, beginning and ending with flour mixture. Stir in 1/4 teaspoon extract.
- Spoon batter into prepared pans. Sharply tap the pans once on countertop to remove air bubbles.
- Bake at 350 for 25 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans.
- Remove wax paper; discard. Cool cakes on wire racks.
- To prepare frosting, combine 1 cup sugar and 1/4 cup water in a saucepan; bring to a boil. Cook 3 minutes, without stirring, or until a candy thermometer registers 25
- Combine egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl; using clean, dry beaters, beat with a mixer at high speed until foamy.
- Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form, about 3 minutes. Reduce mixer speed to low; continue beating until egg white mixture cools (about 12 minutes).
- Beat 1/4 cup butter until light and fluffy; stir in 1/4 teaspoon extract, if desired. Fold in 1 cup egg white mixture. Fold butter mixture into remaining egg white mixture, stirring until smooth.
- Place 1 cake layer on a plate; spread with 1 cup frosting. Repeat twice with cake layers and 1 cup frosting, ending with cake layer; spread remaining frosting over top and sides of cake.
- Sprinkle with toasted coconut. Chill until set.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:34.71, Inflammation Score:0, Nutrition Score:3.5647826539757%

Nutrients (% of daily need)

Calories: 310.5kcal (15.52%), Fat: 9.57g (14.72%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 52.05g (18.93%), Sugar: 38.69g (42.99%), Cholesterol: 42.16mg (14.05%), Sodium: 198mg (8.61%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.62g (9.25%), Selenium: 13.5µg (19.28%), Manganese: 0.18mg (8.88%), Phosphorus: 73.47mg (7.35%), Vitamin B2: 0.11mg (6.46%), Vitamin A: 262.38IU (5.25%), Potassium: 130.55mg (3.73%), Calcium: 34.32mg (3.43%), Fiber: 0.72g (2.89%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.4mg (2.68%), Copper: 0.05mg (2.63%), Iron: 0.46mg (2.57%), Folate: 10.29µg (2.57%), Magnesium: 8.77mg (2.19%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.09µg (1.54%), Vitamin B1: 0.02mg (1.52%), Vitamin

D: 0.19µg (1.23%), Vitamin B6: 0.02mg (1.2%), Vitamin B3: 0.23mg (1.13%)