



Coconut Cake with Raspberry Filling

READY IN



130 min.

SERVINGS



16

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup coconut flour red (such as Bob's Mill)
- ☐ 2 cups cake flour
- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons raspberries (raspberry-flavored liqueur)
- ☐ 1 cup coconut water (such as Goya)
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar

- ☐ 3 large egg whites
- ☐ 6 large egg whites
- ☐ 12 ounces raspberries fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar divided
- ☐ 0.5 cup coconut flakes unsweetened toasted
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ To prepare filling, combine raspberries, 1/3 cup sugar, 2 tablespoons water, and 1/8 teaspoon salt in a saucepan; bring to a boil. Cook over medium heat 5 minutes, stirring frequently until

berries break down.

- ☐ Combine cornstarch and liqueur; stir with a whisk until smooth.
- ☐ Add cornstarch mixture to raspberry mixture, stirring with a whisk; return to a boil. Cook 1 minute or until very thick, stirring constantly. Spoon mixture into a bowl; cover and refrigerate until needed.
- ☐ Preheat oven to 35
- ☐ To prepare cake, coat 3 (8-inch) round metal cake pans with baking spray, and line bottoms of pans with wax paper. Coat wax paper with baking spray; set prepared pans aside.
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, and salt in a bowl; stir with a whisk.
- ☐ Place 1 1/4 cups sugar, oil, butter, and vanilla in a large bowl. Beat with a mixer at medium speed for 5 minutes or until fluffy.
- ☐ Add coconut water; beat at low speed 1 minute or until combined.
- ☐ Add flour mixture; beat at low speed 1 minute or until well combined.
- ☐ Place 6 egg whites in a large, clean bowl. Beat with a mixer at high speed until medium peaks form using clean, dry beaters.
- ☐ Add 1/4 cup sugar, 1 tablespoon at a time; beat 1 minute. Stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Divide batter evenly among prepared pans.
- ☐ Bake at 350 for 19 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack for 10 minutes.
- ☐ Remove from pans; cool completely on wire rack.
- ☐ To prepare frosting, place 3 egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until medium peaks form using clean, dry beaters.
- ☐ Combine 1/2 cup sugar, 3 tablespoons water, and 1/8 teaspoon salt in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 25
- ☐ With mixer on low speed, pour hot sugar syrup in a thin stream down the side of mixing bowl. Gradually increase speed to high; beat 3 minutes or until thick and cool.
- ☐ To assemble cake, place 1 cake layer on a serving plate; spread with half of filling (about 1 cup), leaving a 1/2-inch border. Top with another cake layer, and spread with remaining filling, leaving a 1/2-inch border. Top with remaining cake layer.
- ☐ Spread frosting over top and sides of cake. Gently press coconut flakes into sides of cake.

Nutrition Facts



PROTEIN 6.85% FAT 27.32% CARBS 65.83%

Properties

Glycemic Index:32.89, Glycemic Load:28.38, Inflammation Score:-2, Nutrition Score:5.0808695386285%

Flavonoids

Cyanidin: 11mg, Cyanidin: 11mg, Cyanidin: 11mg, Cyanidin: 11mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 287.71kcal (14.39%), Fat: 8.9g (13.69%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.38g (16.14%), Sugar: 31.23g (34.7%), Cholesterol: 3.76mg (1.25%), Sodium: 211.81mg (9.21%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.02g (10.04%), Manganese: 0.38mg (19.2%), Selenium: 10.84µg (15.49%), Fiber: 3.87g (15.48%), Vitamin C: 6.7mg (8.12%), Vitamin E: 1.14mg (7.6%), Vitamin B2: 0.12mg (6.92%), Vitamin K: 5.38µg (5.12%), Phosphorus: 44.97mg (4.5%), Calcium: 44.29mg (4.43%), Magnesium: 17.67mg (4.42%), Copper: 0.09mg (4.27%), Potassium: 143.37mg (4.1%), Iron: 0.63mg (3.5%), Folate: 11.69µg (2.92%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.31mg (2.1%), Vitamin B1: 0.03mg (1.81%), Vitamin B3: 0.35mg (1.75%), Vitamin B6: 0.03mg (1.64%), Vitamin A: 51.98IU (1.04%)