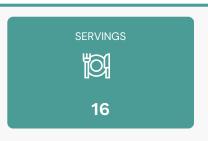


# **Coconut Cake with Raspberry Filling**







DESSERT

## Ingredients

2 teaspoons double-acting baking powder
2 tablespoons butter softened
0.5 cup cake flour red (such as Bob's Mill)
2 cups cake flour
0.3 cup canola oil
3 tablespoons rum (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
	O.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
Eq	uipment
Ц	bowl
브	sauce pan
닏	oven
Ш	knife
	whisk
	mixing bowl
	wire rack
	blender
	wax paper
	measuring cup
	candy thermometer
Di	rections
	To prepare filling, combine raspberries, 1/3 cup sugar, 2 tablespoons water, and 1/8 teaspoor 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, Petunidin: 0.07mg, Petunidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Pelargonidin: 0.24mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Peonidin: 0.03

#### 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%)