



Coconut-Carrot Cake

 Dairy Free

READY IN



138 min.

SERVINGS



16

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut flakes flaked
- ☐ 0.5 cup vanilla frosting
- ☐ 1 box duncan hines classic decadent cake mix

Equipment

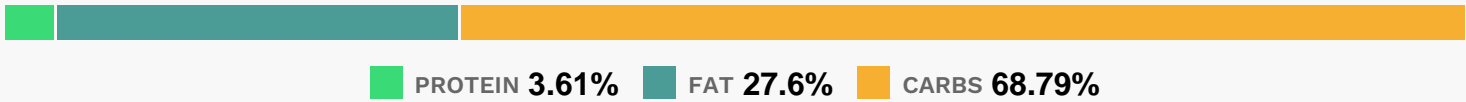
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

- ☐ cake form
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Heat oven to 325F. Grease and flour 12-cup fluted tube cake pan, or spray with baking spray with flour. In ungreased shallow pan, spread coconut.
- ☐ Bake uncovered 5 to 7 minutes, stirring occasionally, until golden brown. Reserve 2 tablespoons toasted coconut for garnish.
- ☐ Make cake batter as directed on box. Fold remaining toasted coconut into batter.
- ☐ Pour into pan.
- ☐ Bake as directed on box for fluted tube pan. Cool 15 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.
- ☐ Drizzle frosting over top of cake.
- ☐ Sprinkle with reserved toasted coconut.
- ☐ Cut cake with serrated knife. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:3.5369565166209%

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 5.76g (8.87%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 31.11g (11.31%), Sugar: 18.44g (20.49%), Cholesterol: 0mg (0%), Sodium: 238.89mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Phosphorus: 121.11mg (12.11%), Manganese: 0.21mg (10.6%), Calcium: 72.36mg (7.24%), Folate: 23.66µg (5.92%), Vitamin B2: 0.1mg (5.69%), Selenium: 3.77µg (5.38%), Vitamin B1: 0.07mg (4.93%), Fiber: 1.22g (4.89%), Iron: 0.82mg (4.54%), Vitamin B3: 0.82mg (4.09%), Copper: 0.07mg (3.42%), Vitamin E: 0.41mg (2.75%), Magnesium: 8.41mg (2.1%), Zinc: 0.26mg (1.74%), Vitamin K: 1.81µg (1.72%), Potassium: 51.28mg (1.47%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.25%)