



Coconut-Carrot Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



138 min.

SERVINGS



16

CALORIES



262 kcal

Ingredients



1 cup coconut flakes flaked



1 box betty delights super carrot cake mix



16 oz vanilla frosting

Equipment



bowl



frying pan



oven



wire rack



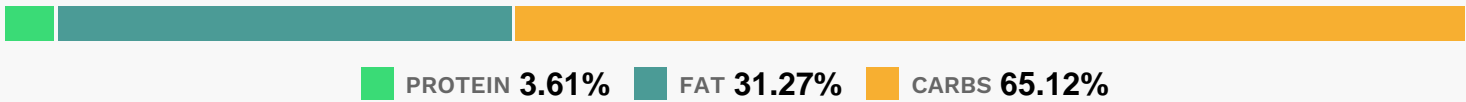
cake form

- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Heat oven to 325°F. 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:8.28, Inflammation Score:-5, Nutrition Score:2.6786956372468%

Nutrients (% of daily need)

Calories: 262.13kcal (13.11%), Fat: 9.01g (13.86%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 40.36g (14.68%), Sugar: 30.12g (33.47%), Cholesterol: 0mg (0%), Sodium: 177.34mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 745.88IU (14.92%), Fiber: 1.85g (7.41%), Manganese: 0.15mg (7.29%), Vitamin B2: 0.09mg (5.35%), Iron: 0.92mg (5.1%), Vitamin K: 3.7µg (3.53%), Vitamin E: 0.46mg (3.05%), Calcium: 21.57mg (2.16%), Copper: 0.04mg (2.11%), Phosphorus: 16.05mg (1.6%), Vitamin C: 1.24mg (1.5%), Selenium: 1.01µg (1.44%), Magnesium: 5.06mg (1.27%), Potassium: 38.49mg (1.1%)