



Coconut Cream Cake I

 Popular

READY IN



530 min.

SERVINGS



15

CALORIES



451 kcal

DESSERT

Ingredients

- 1 cup coconut or flaked
- 14 ounce full fat coconut cream canned
- 0.5 teaspoon coconut extract
- 3 eggs
- 1 cup heavy whipping cream
- 14 ounce condensed milk sweetened canned
- 0.3 cup vegetable oil
- 1 cup water

- 18.3 ounce duncan hines classic decadent cake mix white
- 1 tablespoon sugar white

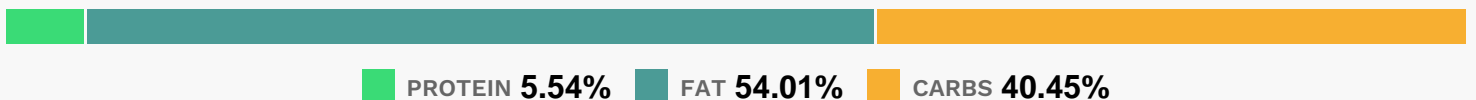
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- chopsticks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- In a large bowl, mix together cake mix, eggs, oil, water and coconut flavoring. Beat for 2 minutes and pour into 9x13 inch pan.
- Bake for 30 minutes, or until a toothpick inserted into the cake comes out clean.
- In a medium bowl, combine coconut cream with sweetened condensed milk and stir until smooth. When cake comes out of the oven, poke holes into it in even rows using a large fork or chopsticks.
- Pour milk mixture over, allowing it to soak into the cake. Refrigerate for several hours or overnight.
- In a large bowl, whisk cream until soft peaks form.
- Add sugar and continue whipping until stiff.
- Spread over cooled cake.
- Sprinkle top with flaked coconut.

Nutrition Facts



Properties

Glycemic Index:8.74, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:9.3173913022746%

Nutrients (% of daily need)

Calories: 450.87kcal (22.54%), Fat: 27.82g (42.8%), Saturated Fat: 18.17g (113.56%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 45g (16.36%), Sugar: 30.64g (34.04%), Cholesterol: 59.66mg (19.89%), Sodium: 293.38mg (12.76%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 6.42g (12.85%), Manganese: 0.58mg (28.8%), Phosphorus: 253.77mg (25.38%), Calcium: 170.97mg (17.1%), Selenium: 11.11µg (15.88%), Vitamin B2: 0.26mg (15.35%), Vitamin K: 10.55µg (10.05%), Folate: 38.42µg (9.61%), Copper: 0.19mg (9.39%), Iron: 1.69mg (9.37%), Vitamin B1: 0.12mg (7.78%), Potassium: 263.79mg (7.54%), Fiber: 1.89g (7.54%), Vitamin A: 351.41IU (7.03%), Vitamin E: 1mg (6.68%), Magnesium: 25.53mg (6.38%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 1.17mg (5.83%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.07mg (3.66%), Vitamin D: 0.48µg (3.22%), Vitamin C: 1.61mg (1.95%)