Coconut Cream Cake II

READY IN	SERVINGS	CALORIES
45 min.	15	463 kcal

DESSERT

Ingredients

- [ ] 1 cup coconut flakes flaked
- [ ] 8 ounce full fat coconut cream canned
- [ ] 16 ounce powdered sugar
- [ ] 8 ounce cream cheese
- [ ] 3 eggs
- [ ] 2 tablespoons milk
- [ ] 8 ounce cream sour
- [ ] 1 teaspoon vanilla extract
- [ ] 0.3 cup vegetable oil
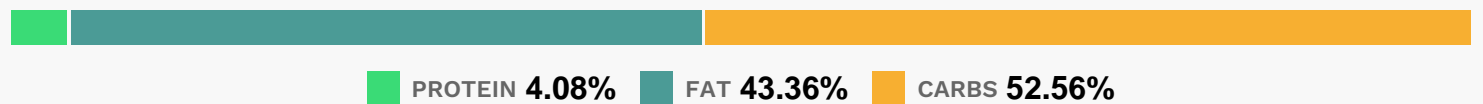
- [ ] 18.3 ounce cake mix white

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] toothpicks

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- [ ] In a medium bowl, combine the cake mix, oil, eggs, sour cream and cream of coconut.
- [ ] Mix until well blended.
- [ ] Spread evenly into the prepared pan.
- [ ] Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the cake comes out clean. Allow to cool.
- [ ] Make the frosting while your cake cools. In a medium bowl, cream together the confectioners sugar, cream cheese and milk. Stir in the vanilla. Frost cooled cake then sprinkle with coconut.

Nutrition Facts

PROTEIN 4.08% **FAT 43.36%** **CARBS 52.56%**

Properties

Glycemic Index:4.33, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:7.1513043434724%

Nutrients (% of daily need)

Calories: 462.76kcal (23.14%), Fat: 22.84g (35.14%), Saturated Fat: 14.01g (87.58%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 60.67g (22.06%), Sugar: 45.75g (50.84%), Cholesterol: 57.17mg (19.06%), Sodium: 307.78mg (13.38%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.83g (9.67%), Manganese: 0.43mg (21.56%), Phosphorus: 193.49mg (19.35%), Selenium: 8.8µg (12.56%), Calcium: 116.33mg (11.63%), Vitamin B2: 0.19mg (11.16%), Folate: 34.54µg (8.63%), Vitamin K: 8.21µg (7.82%), Iron: 1.41mg (7.81%), Copper: 0.14mg (7.22%), Vitamin A: 348.01IU (6.96%), Fiber: 1.64g (6.54%), Vitamin B1: 0.09mg (6.26%), Vitamin E: 0.9mg (6.02%), Vitamin B3: 1.03mg (5.15%), Vitamin B5: 0.47mg (4.66%), Potassium: 156.3mg (4.47%), Zinc: 0.67mg (4.45%), Magnesium: 17.33mg (4.33%), Vitamin B6: 0.06mg (3.23%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.2µg (1.32%)