



## Coconut Cream Cake III

READY IN



85 min.

SERVINGS



15

CALORIES



392 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup almonds sliced
- 10 ounce coconut or flaked
- 1 cup confectioners' sugar
- 4 eggs
- 2 tablespoons milk
- 1 cup heavy whipping cream sour
- 0.7 cup vegetable oil
- 0.5 cup sugar white

18.3 ounce duncan hines classic decadent cake mix yellow with pudding

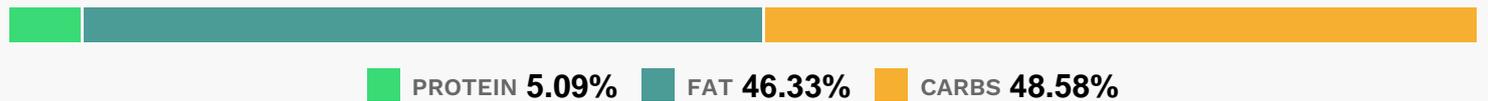
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch pan.
- In a large bowl, combine cake mix, sugar, oil, eggs and sour cream. Beat mixture for 4 minutes, then fold in the coconut.
- Pour batter into prepared pan.
- Bake in the preheated oven for 75 minutes, or until a toothpick inserted into the top comes out clean.
- Combine confectioners' sugar, milk and almond extract, adding more milk if necessary to create the desired consistency. Spoon glaze over cooled cake, and immediately sprinkle with sliced almonds.

## Nutrition Facts



## Properties

Glycemic Index:7.87, Glycemic Load:4.72, Inflammation Score:-3, Nutrition Score:8.6326086728469%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 391.87kcal (19.59%), Fat: 20.8g (32%), Saturated Fat: 13.74g (85.86%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 45.2g (16.44%), Sugar: 31.6g (35.11%), Cholesterol: 52.93mg (17.64%), Sodium: 280.53mg (12.2%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 5.14g (10.29%), Manganese: 0.66mg (33.03%), Phosphorus: 197.52mg (19.75%), Fiber: 3.88g (15.51%), Vitamin B2: 0.22mg (12.85%), Selenium: 8.95µg (12.79%), Calcium: 110.61mg (11.06%), Copper: 0.22mg (10.96%), Vitamin E: 1.53mg (10.18%), Iron: 1.68mg (9.35%), Folate: 32.94µg (8.23%), Magnesium: 31.93mg (7.98%), Vitamin B1: 0.11mg (7.08%), Vitamin B6: 0.11mg (5.75%), Vitamin B5: 0.53mg (5.3%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.78mg (5.2%), Potassium: 180.07mg (5.14%), Vitamin K: 4.89µg (4.66%), Vitamin A: 162.16IU (3.24%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.26µg (1.71%)