



Coconut Layer Cake

 Vegetarian

READY IN



50 min.

SERVINGS



9

CALORIES



428 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 1 cup confectioners sugar
- 4 ounces cream cheese softened
- 0.5 cup cream of coconut (Coco Real)
- 2 large eggs
- 6.8 ounces flour all-purpose
- 0.8 cup granulated sugar
- 0.5 cup heavy whipping cream

- 0.5 cup milk room temperature
- 0.3 teaspoon salt
- 0.5 cup coconut or shredded sweetened flaked lightly toasted
- 2 tablespoons butter unsalted softened
- 1 teaspoon vanilla
- 1 teaspoon vanilla extract

Equipment

- frying pan
- oven
- mixing bowl
- hand mixer

Directions

- Preheat oven to 350 degrees F. Thoroughly grease and flour an 8 inch square metal pan. Crack the eggs and separate the yolks from the whites.
- Put the whites in metal mixing bowl and beat with a hand held electric mixer until soft peaks form. Set aside. In a mixing bowl, beat the butter and sugar until creamy. Beat in the egg yolks and the vanilla, then beat in the cream of coconut. In a separate bowl, stir together the flour, baking powder and salt.
- Add the flour mixture and the milk to the batter alternately, stirring by hand just until flour is incorporated. Stir in the coconut. Fold in the beaten egg whites.
- Pour the batter into the pan and bake on center rack for about 40 minutes or until it appears set and springs back when touched.
- Let cool completely on a rack and frost with Cream Cheese Icing. To make the icing, beat the cream until stiff peaks form and set aside. In a mixing bowl, beat cream cheese and butter until smooth and creamy. Gradually add the confectioner's sugar. Beat in the vanilla, then fold in the whipped cream.
- Spread over cake and sprinkle with toasted coconut.

Nutrition Facts



■ PROTEIN 4.99% ■ FAT 37.37% ■ CARBS 57.64%

Properties

Glycemic Index:33.57, Glycemic Load:23.97, Inflammation Score:-4, Nutrition Score:6.5382608285417%

Nutrients (% of daily need)

Calories: 428.38kcal (21.42%), Fat: 17.9g (27.54%), Saturated Fat: 11.86g (74.11%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 60.79g (22.1%), Sugar: 44.52g (49.47%), Cholesterol: 77.32mg (25.77%), Sodium: 186.6mg (8.11%), Alcohol: 0.31g (100%), Alcohol %: 0.3% (100%), Protein: 5.38g (10.76%), Selenium: 13.46µg (19.22%), Vitamin B2: 0.24mg (13.98%), Manganese: 0.28mg (13.93%), Vitamin B1: 0.19mg (12.5%), Folate: 46.58µg (11.64%), Vitamin A: 523.29IU (10.47%), Phosphorus: 93.43mg (9.34%), Iron: 1.37mg (7.59%), Calcium: 68.58mg (6.86%), Vitamin B3: 1.34mg (6.68%), Fiber: 1.35g (5.41%), Vitamin B5: 0.46mg (4.6%), Vitamin D: 0.63µg (4.2%), Vitamin B12: 0.23µg (3.77%), Zinc: 0.54mg (3.61%), Magnesium: 12.49mg (3.12%), Vitamin B6: 0.06mg (3.11%), Copper: 0.06mg (3.08%), Potassium: 107.37mg (3.07%), Vitamin E: 0.46mg (3.05%), Vitamin K: 1.06µg (1.01%)