



Coconut-Lemon Cake

 Dairy Free

READY IN



125 min.

SERVINGS



16

CALORIES



322 kcal

DESSERT

Ingredients

- 1 box lemon cake mix
- 1 box gelatin powder lemon-flavored (4-serving size)
- 0.7 cup water
- 0.3 cup vegetable oil
- 4 eggs
- 12 oz fluffy frosting white
- 1.5 cups coconut flakes flaked

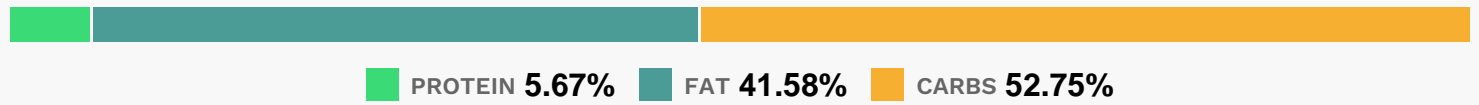
Equipment

- bowl
- oven
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Generously grease and flour or spray three 8-inch or two 9-inch round cake pans.
- In large bowl, beat cake mix, gelatin, water, oil and eggs on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pans.
- Bake 24 to 31 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely, about 1 hour.
- Fill layers and frost side and top of cake with frosting.
- Sprinkle coconut over top and side. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:6.21, Inflammation Score:-1, Nutrition Score:5.8439130634069%

Nutrients (% of daily need)

Calories: 322.12kcal (16.11%), Fat: 15.07g (23.19%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 41.34g (15.03%), Sugar: 28.03g (31.15%), Cholesterol: 40.92mg (13.64%), Sodium: 296.85mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Phosphorus: 142.87mg (14.29%), Manganese: 0.29mg (14.27%), Vitamin B2: 0.2mg (11.83%), Vitamin K: 12.11µg (11.53%), Selenium: 6.53µg (9.33%), Calcium: 78.31mg (7.83%), Vitamin E: 1.14mg (7.63%), Folate: 30.09µg (7.52%), Fiber: 1.69g (6.75%), Copper: 0.13mg (6.7%), Iron: 1.18mg (6.58%), Vitamin B1: 0.09mg (5.76%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.36mg (3.64%), Vitamin B6: 0.07mg (3.38%), Magnesium: 12.42mg (3.1%), Zinc: 0.41mg (2.72%), Potassium: 81.15mg (2.32%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.22µg (1.47%), Vitamin A: 59.4IU (1.19%)