



Coconut-Lemon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup coconut or flaked
- ☐ 45 servings garnishes: cranberries fresh
- ☐ 4 large eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sugar

- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

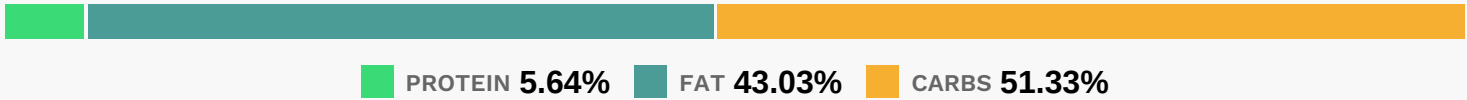
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add egg yolks, one at a time, beating after each addition.
- ☐ Combine flour and baking powder; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in 1 tsp. vanilla.
- ☐ Beat egg whites and salt at high speed with an electric mixer until stiff peaks form. Stir about one-third of egg whites into batter; fold in remaining egg whites. Spoon batter into 3 greased and floured 9-inch round cake pans.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Spread Lemon Filling between layers.
- ☐ Spread Fluffy White Frosting on top and sides of cake.
- ☐ Sprinkle top and sides with coconut; garnish, if desired.
- ☐ Note: Boxwood is poisonous if ingested. If boxwood sprigs are used as garnish, cut small circle of heavy-duty plastic wrap, and position in center of cake before arranging sprigs and cranberries on top of cake.
- ☐ Remove garnish before serving.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:11.01, Inflammation Score:-1, Nutrition Score:2.4282608971648%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 123.66kcal (6.18%), Fat: 6.02g (9.26%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.58g (5.67%), Sugar: 9.37g (10.41%), Cholesterol: 28.03mg (9.34%), Sodium: 44.64mg (1.94%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.78g (3.55%), Selenium: 4.75µg (6.78%), Manganese: 0.11mg (5.73%), Vitamin B1: 0.07mg (4.78%), Folate: 17.67µg (4.42%), Vitamin B2: 0.07mg (4.38%), Phosphorus: 34.34mg (3.43%), Vitamin A: 159.44IU (3.19%), Iron: 0.56mg (3.14%), Calcium: 27.96mg (2.8%), Vitamin B3: 0.52mg (2.58%), Fiber: 0.57g (2.28%), Copper: 0.03mg (1.62%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.08µg (1.29%), Vitamin E: 0.19mg (1.29%), Magnesium: 4.96mg (1.24%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.05%), Potassium: 35.81mg (1.02%)