



Coconut Lime Cake

READY IN



50 min.

SERVINGS



8

CALORIES



1491 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1.5 cups butter softened
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon coconut extract
- ☐ 8 servings coconut flakes for garnish
- ☐ 1.3 cup coconut milk
- ☐ 5 cup confectioners' sugar

- ☐ 5 large eggs separated
- ☐ 3.5 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 slices lime for garnish, optional
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 8 servings raspberries fresh for garnish, optional
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce non-dairy whipped topping frozen thawed

Equipment

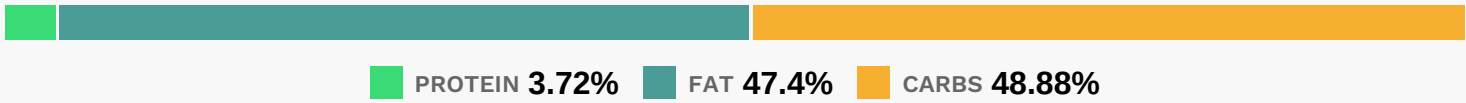
- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 350 degrees F. Spray three 9-inch cake pans with nonstick flour spray.
- ☐ In a large bowl, beat the sugar and butter at medium speed with a mixer until fluffy.
- ☐ Add the egg yolks, coconut extract and vanilla extract, beating until combined. In a medium bowl, combine the flour, baking powder, baking soda and salt.
- ☐ In a small bowl, combine the coconut milk and buttermilk. Gradually add the flour mixture to the butter mixture alternately with the coconut milk mixture, beginning and ending with the flour mixture, beating just until combined after each addition.
- ☐ In a medium bowl, beat the egg whites until stiff peaks form. Gently fold into the batter. Spoon the batter into the prepared cake pans and bake for 18 minutes.
- ☐ Let cool.
- ☐ Spread the Luscious Lime Frosting between the layers and on the top and sides of the cake. Press coconut flakes around the cake.
- ☐ Garnish with fresh raspberries and lime slices, if desired. Chill until ready to serve.

- ☐ In a large bowl, beat the butter, lime juice and lime zest at medium speed with a mixer until combined. Gradually add the confectioners' sugar, beating until smooth.
- ☐ Add the whipped topping, beating until combined.

Nutrition Facts



Properties

Glycemic Index:69.39, Glycemic Load:67.53, Inflammation Score:-8, Nutrition Score:22.665652337282%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 1491.2kcal (74.56%), Fat: 80.29g (123.52%), Saturated Fat: 53.71g (335.7%), Carbohydrates: 186.34g (62.11%), Net Carbohydrates: 179.27g (65.19%), Sugar: 135.39g (150.43%), Cholesterol: 272.63mg (90.88%), Sodium: 831.42mg (36.15%), Alcohol: 0.38g (100%), Alcohol %: 0.11% (100%), Protein: 14.16g (28.33%), Manganese: 1.34mg (67%), Selenium: 33.37µg (47.67%), Vitamin A: 2036.1IU (40.72%), Folate: 138.53µg (34.63%), Vitamin B2: 0.57mg (33.72%), Vitamin B1: 0.5mg (33.36%), Iron: 5.19mg (28.82%), Fiber: 7.07g (28.28%), Phosphorus: 268.62mg (26.86%), Vitamin C: 18.82mg (22.81%), Vitamin B3: 4mg (20%), Vitamin E: 2.75mg (18.36%), Copper: 0.34mg (16.82%), Magnesium: 61.57mg (15.39%), Calcium: 153.59mg (15.36%), Vitamin B5: 1.25mg (12.54%), Potassium: 424.66mg (12.13%), Zinc: 1.66mg (11.1%), Vitamin K: 10.98µg (10.46%), Vitamin B12: 0.59µg (9.89%), Vitamin B6: 0.17mg (8.62%), Vitamin D: 1.01µg (6.77%)