



## Coconut & lime cake

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



650 kcal

DESSERT

### Ingredients

- ☐ 200 g sugar
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 200 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tbsp milk
- ☐ 200 g creamed coconut
- ☐ 2 juice of lime

- ☐ 100 g butter softened
- ☐ 140 g powdered sugar sifted
- ☐ 100 g coconut flakes toasted

## Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ spatula

## Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. Grate the 200g block of creamed coconut and keep half of it aside. Then in a large bowl, beat all the cake ingredients (including half of the grated block of creamed coconut) together until you have a smooth, soft batter.
- ☐ Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
- ☐ For the frosting, mix together the remaining creamed coconut, zest and juice of 2 limes. Microwave on High for 30 secs until the coconut melts.
- ☐ Make the buttercream by beating the butter until smooth and creamy and gradually beating in icing sugar . Then beat in the cooled coconut mix and 2-3 tbsp Malibu (optional) until it becomes marshmallowy.
- ☐ Fill the cooled sponges with a third of the frosting, cover the sides and top with the rest and coat the sides with the toasted desiccated coconut. Keep in an airtight container and eat within 2 days.

## Nutrition Facts



 **PROTEIN 4.01%**  **FAT 62.65%**  **CARBS 33.34%**

Properties

Glycemic Index:36.71, Glycemic Load:23.54, Inflammation Score:-5, Nutrition Score:9.2756520976191%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 650.27kcal (32.51%), Fat: 46.77g (71.95%), Saturated Fat: 34.05g (212.81%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 53.85g (19.58%), Sugar: 34.78g (38.64%), Cholesterol: 130.33mg (43.44%), Sodium: 279.89mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Manganese: 1mg (49.85%), Selenium: 15.76µg (22.52%), Vitamin A: 853IU (17.06%), Copper: 0.29mg (14.71%), Phosphorus: 137.8mg (13.78%), Magnesium: 36.08mg (9.02%), Iron: 1.57mg (8.74%), Fiber: 2.13g (8.54%), Vitamin B2: 0.14mg (8.49%), Zinc: 1.05mg (7.02%), Vitamin E: 1.02mg (6.8%), Vitamin B6: 0.13mg (6.66%), Potassium: 228.28mg (6.52%), Vitamin B5: 0.65mg (6.51%), Calcium: 59.76mg (5.98%), Folate: 19.07µg (4.77%), Vitamin B12: 0.22µg (3.73%), Vitamin B1: 0.05mg (3.06%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.38µg (2.57%), Vitamin K: 2.29µg (2.18%), Vitamin B3: 0.42mg (2.1%)