



Coconut-Peach Layer Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



735 kcal

DESSERT

Ingredients

- ☐ 2.8 cups all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup cream of coconut sweetened canned
- ☐ 4 large eggs separated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 peaches peeled thinly sliced
- ☐ 0.5 cup peach preserves

- ☐ 3 pounds peaches peeled cut into 1/4- to 1/2-inch-thick slices
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 3 cups coconut or sweetened flaked
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1.5 teaspoons vanilla extract
- ☐ 3 cups whipping cream chilled

Equipment

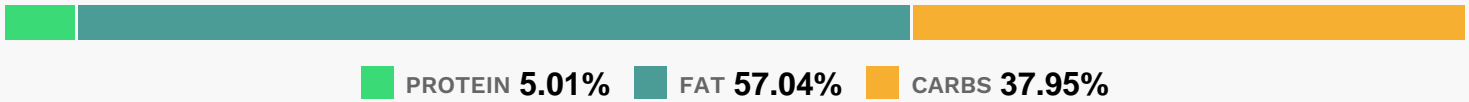
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter and flour two 9-inch-diameter cake pans with 2-inch-high sides.
- ☐ Whisk flour, baking powder, and salt in medium bowl to blend.
- ☐ Whisk buttermilk and sour cream in small bowl. Using electric mixer, beat butter in large bowl until fluffy. Gradually beat in sugar. Beat in cream of coconut, egg yolks, and vanilla. Beat in dry ingredients in 3 additions, alternating with buttermilk mixture in 2 additions. Beat egg whites in another large bowl until stiff but not dry. Fold into batter.
- ☐ Divide batter between prepared pans.
- ☐ Bake cakes until tester inserted into center comes out clean, about 45 minutes. Cool cakes in pans on rack 10 minutes. Turn cakes out onto rack; cool completely. Maintain oven temperature.

- ☐ Spread flaked coconut on large baking sheet.
- ☐ Bake until lightly toasted, stirring once, about 14 minutes. Cool. (Cakes and coconut can be made 1 day ahead. Cover separately with plastic wrap and let stand at room temperature.)
- ☐ Stir preserves in small saucepan over medium-low heat until melted. Cool slightly. Toss peaches, sugar, and lemon juice in large bowl.
- ☐ Add preserves and toss to combine.
- ☐ Beat first 3 ingredients in large bowl until peaks form.
- ☐ Drain peach filling of excess juices.
- ☐ Cut cakes horizontally in half.
- ☐ Place 1 cake layer, cut side up, on platter. Top with 1/3 of peach filling.
- ☐ Spread 1 cup frosting over filling. Repeat layering 2 more times, then top with final cake layer, cut side down.
- ☐ Spread top and sides of cake with remaining frosting. Cover cake completely with toasted coconut. Refrigerate at least 30 minutes and up to 1 day. Fan peach slices atop center of cake before serving.
- ☐ * Cream of coconut is available in the liquor section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:31.58, Inflammation Score:-8, Nutrition Score:14.785652243573%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 734.94kcal (36.75%), Fat: 47.48g (73.04%), Saturated Fat: 31.3g (195.62%), Carbohydrates: 71.06g (23.69%), Net Carbohydrates: 65.93g (23.97%), Sugar: 40.59g (45.1%), Cholesterol: 174.38mg (58.13%), Sodium: 276.55mg (12.02%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 9.38g (18.76%), Vitamin A: 1902.56IU (38.05%), Selenium: 23.94µg (34.19%), Vitamin B2: 0.43mg (25.01%), Manganese: 0.49mg (24.54%), Fiber: 5.14g (20.54%), Vitamin B1: 0.29mg (19.25%), Folate: 74.49µg (18.62%), Phosphorus: 178.55mg (17.86%), Vitamin B3: 2.94mg (14.7%), Vitamin E: 2.15mg (14.31%), Iron: 2.55mg (14.19%), Copper: 0.24mg (12.2%), Vitamin D: 1.76µg (11.76%), Potassium: 385.74mg (11.02%), Calcium: 109.67mg (10.97%), Vitamin C: 7.78mg (9.43%), Magnesium: 36.6mg (9.15%), Vitamin B5: 0.86mg (8.55%), Zinc: 1.1mg (7.33%), Vitamin K: 7.26µg (6.91%), Vitamin B12: 0.35µg (5.91%), Vitamin B6: 0.11mg (5.58%)