Coconut Pineapple Cake

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
180 min.	**8**	**477 kcal**

DESSERT

Ingredients

- [ ] 1 cup cake flour (not self-rising)
- [ ] 20 ounce pineapple crushed canned
- [ ] 3.5 cups coconut shavings) fresh (see how to crack and shave coconut)
- [ ] 8 servings coconut buttercream
- [ ] 1 tablespoon cornstarch
- [ ] 6 large eggs at room temperature
- [ ] 1 teaspoon juice of lemon fresh
- [ ] 3 tablespoons rum light
- [ ] 0.5 teaspoon salt

- [ ] 0.3 cup sugar
- [ ] 6 tablespoons butter unsalted cooled melted
- [ ] 2 teaspoons vanilla
- [ ] 0.7 cup water

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] oven
- [ ] whisk
- [ ] pot
- [ ] blender
- [ ] plastic wrap
- [ ] hand mixer
- [ ] serrated knife

Directions

- [ ] Preheat oven to 350°F and butter 2 (8-inch) square cake pans (2 inches deep).
- [ ] Sift flour with salt into a bowl.
- [ ] Heat eggs and sugar in large metal bowl set over a pot of simmering water, gently whisking constantly, until lukewarm.
- [ ] Remove bowl from heat and add vanilla, then beat with an electric mixer at medium-high speed until thick and pale and tripled in volume (about 5 minutes with a standing mixer or 10 minutes with a hand held). Sift flour and salt over eggs in 2 batches, folding gently but thoroughly after each batch. Fold in melted butter until combined. Divide batter evenly between cake pans, smoothing tops.
- [ ] Bake cakes in middle of oven until a tester comes out clean and cakes are golden, about 15 minutes. Cool in pans on racks 5 minutes, then invert onto racks to cool completely.
- [ ] Stir together filling ingredients in a heavy saucepan until cornstarch is dissolved. Bring to a boil, stirring constantly, then simmer, stirring, 3 minutes. Cool filling completely, stirring occasionally.

- [ ] Bring water and sugar to a boil in a small heavy saucepan, stirring until sugar is dissolved.

- [ ] Remove from heat and stir in rum.

- [ ] Transfer to a small bowl and chill until ready to use.

- [ ] Trim edges of cakes if necessary and cut each horizontally in half with a long serrated knife to form a total of 4 thin layers. Put 1 cake layer, cut side up, on a cake plate and brush top with some rum syrup, then spread half of pineapple filling over it. Top with another cake layer and brush with syrup, then spread with about 2/3 cup butter cream. Top with a third cake layer and brush with syrup, then spread remaining pineapple over it. Top with fourth layer, cut side down, and brush with remaining syrup. Frost sides and top of cake with remaining butter cream, then coat with coconut.

- [ ] ·Cake layers can be made 2 days ahead and left unsplit. Keep, wrapped well in plastic wrap, at room temperature.·Pineapple filling can be prepared 3 days ahead and chilled, covered.·Rum syrup can be made 1 week ahead and chilled, covered.·Cake can be assembled 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts

PROTEIN 7.23%   **FAT 49.87%**   **CARBS 42.9%**
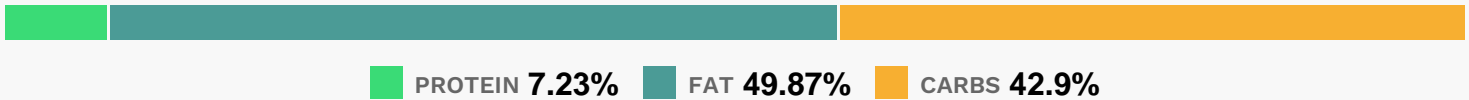
Properties

Glycemic Index:20.26, Glycemic Load:11.77, Inflammation Score:-4, Nutrition Score:10.646521853364%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 476.7kcal (23.83%), Fat: 26.21g (40.32%), Saturated Fat: 19.4g (121.24%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 44.84g (16.3%), Sugar: 30.99g (34.43%), Cholesterol: 162.07mg (54.03%), Sodium: 310.04mg (13.48%), Alcohol: 2.22g (100%), Alcohol %: 1.3% (100%), Protein: 8.55g (17.1%), Selenium: 25.17µg (35.95%), Manganese: 0.65mg (32.29%), Fiber: 5.89g (23.56%), Copper: 0.29mg (14.62%), Phosphorus: 145.84mg (14.58%), Vitamin B2: 0.21mg (12.31%), Magnesium: 41.8mg (10.45%), Iron: 1.82mg (10.08%), Vitamin A: 500.68IU (10.01%), Potassium: 330.05mg (9.43%), Vitamin C: 7.23mg (8.77%), Folate: 30.48µg (7.62%), Vitamin B1: 0.11mg (7.54%), Vitamin B5: 0.74mg (7.38%), Zinc: 1.08mg (7.19%), Vitamin B6: 0.14mg (7.01%), Vitamin D: 0.91µg (6.05%), Vitamin B12: 0.35µg (5.86%), Vitamin E: 0.74mg (4.93%), Calcium: 43.61mg (4.36%), Vitamin B3: 0.71mg (3.54%), Vitamin K: 1.41µg (1.34%)