



Coconut Poke Cake

READY IN



120 min.

SERVINGS



15

CALORIES



595 kcal

DESSERT

Ingredients

- 8 ounce coconut flakes flaked
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- 14 ounce cream of coconut canned
- 14 ounce condensed milk sweetened canned
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix white

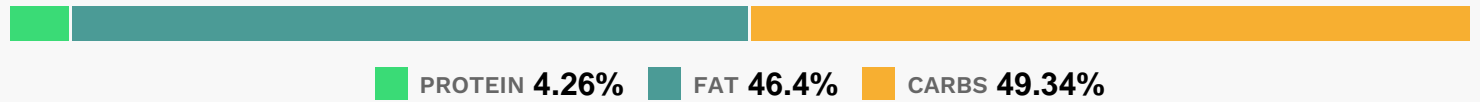
Equipment

- oven

Directions

- Prepare and bake white cake mix according to package directions.
- Remove cake from oven. While still hot, using a utility fork, poke holes all over the top of the cake.
- Mix cream of coconut and sweetened condensed milk together.
- Pour over the top of the still hot cake.
- Let cake cool completely then frost with the whipped topping and top with the flaked coconut. Keep cake refrigerated.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:10.556086948384%

Nutrients (% of daily need)

Calories: 595.13kcal (29.76%), Fat: 31.46g (48.4%), Saturated Fat: 26.81g (167.59%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 69.07g (25.12%), Sugar: 55.91g (62.12%), Cholesterol: 9.6mg (3.2%), Sodium: 318.82mg (13.86%), Alcohol: 0g (100%), Protein: 6.5g (13%), Manganese: 0.9mg (45.12%), Phosphorus: 267.85mg (26.79%), Fiber: 6.19g (24.76%), Selenium: 13.2µg (18.86%), Calcium: 180.01mg (18%), Vitamin B2: 0.24mg (14.26%), Copper: 0.28mg (13.78%), Magnesium: 40.01mg (10%), Iron: 1.76mg (9.76%), Potassium: 314.29mg (8.98%), Vitamin B1: 0.12mg (8.19%), Folate: 30.68µg (7.67%), Zinc: 1.05mg (6.97%), Vitamin B6: 0.12mg (6%), Vitamin B3: 1.09mg (5.46%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.63mg (4.18%), Vitamin B12: 0.18µg (2.95%), Vitamin K: 2.15µg (2.05%), Vitamin A: 93.02IU (1.86%), Vitamin C: 1.14mg (1.38%)