



Coconut Sheet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 8.5 ounce cream of coconut canned
- ☐ 3 large eggs
- ☐ 8 ounce cream sour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 18.3 ounce cake mix white

Equipment

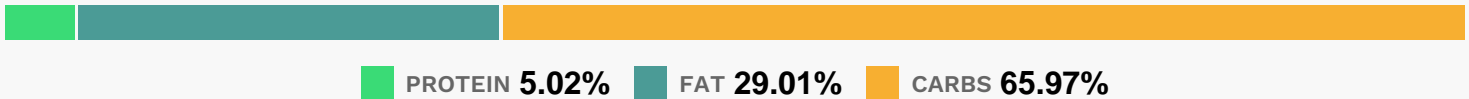
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Beat eggs at high speed with an electric mixer 2 minutes.
- ☐ Add sour cream, 1/3 cup water, and next 2 ingredients, beating well after each addition.
- ☐ Add cake mix, beating at low speed just until blended. Beat at high speed 2 minutes.
- ☐ Pour batter into a greased and floured 13- x 9-inch baking pan.
- ☐ Bake at 325 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan on wire rack. Cover pan with plastic wrap, and freeze cake 30 minutes.
- ☐ Remove from freezer.
- ☐ Spread Coconut-Cream Cheese Frosting on top of chilled cake. Cover and store in refrigerator.
- ☐ Note: If desired, cake can be baked in 1 greased and floured 15- x 10-inch jellyroll pan for 30 to 32 minutes or until a wooden pick inserted in center comes out clean. Makes 15 servings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.1369565239419%

Nutrients (% of daily need)

Calories: 303.11kcal (15.16%), Fat: 9.79g (15.07%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 48.97g (17.81%), Sugar: 32.24g (35.83%), Cholesterol: 57.65mg (19.22%), Sodium: 332.78mg (14.47%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.81g (7.63%), Phosphorus: 184.42mg (18.44%), Calcium: 120.73mg (12.07%), Selenium: 8.24µg (11.78%), Vitamin B2: 0.18mg (10.74%), Folate: 37.19µg (9.3%), Vitamin B1: 0.1mg (6.82%), Iron: 1.07mg (5.96%), Vitamin B3: 1.06mg (5.28%), Manganese: 0.09mg (4.72%), Fiber: 1.14g (4.57%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.38mg (3.82%), Vitamin A: 185.24IU (3.7%), Zinc: 0.42mg (2.82%),

Vitamin B12: 0.15µg (2.52%), Copper: 0.05mg (2.42%), Vitamin B6: 0.04mg (2.06%), Magnesium: 8.22mg (2.05%), Potassium: 67.85mg (1.94%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.49µg (1.41%)