



## Coconut Sheet Cake with Hibiscus Sauce

READY IN



45 min.

SERVINGS



15

CALORIES



328 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.7 cup buttermilk
- ☐ 1.8 cups cake flour
- ☐ 0.3 teaspoon coconut extract
- ☐ 4 tablespoons cream of coconut sweetened divided (such as Coco López)
- ☐ 1.5 ounces hibiscus petals dried
- ☐ 4 large egg whites
- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 1 teaspoon lime zest finely grated

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 cup coconut   sweetened flaked lightly toasted
- ☐ 10 tablespoons butter   unsalted room temperature ( )
- ☐ 2 cups water

## Equipment

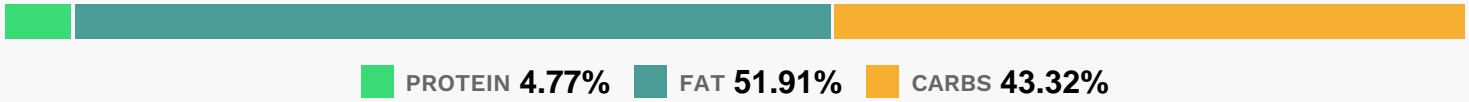
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ Bring 2 cups water to boil in small saucepan. Stir in hibiscus flowers.
- ☐ Remove from heat; let steep uncovered 10 minutes.
- ☐ Pour hibiscus mixture through fine-mesh sieve set over bowl, pressing on solids to extract all liquid; discard solids. Return hibiscus liquid to same saucepan.
- ☐ Add sugar; bring to boil, stirring until sugar dissolves. Boil gently over medium heat until liquid is reduced to 1 cup, 10 to 12 minutes.
- ☐ Remove from heat. Stir in lemon peel, lime peel, and orange peel; steep 10 minutes. Strain sauce into bowl. Cover; chill until cold, at least 2 hours. DO AHEAD: Can be made 3 days ahead. Keep chilled.
- ☐ Preheat oven to 350°F. Butter 13 x 9 x 2-inch metal baking pan.
- ☐ Whisk flour, baking powder, and salt in medium bowl.

- ☐ Whisk buttermilk, egg whites, and coconut extract in another medium bowl. Using electric mixer, beat sugar and butter in large bowl until light and fluffy.
- ☐ Add flour mixture to butter mixture in 3 additions alternately with buttermilk mixture in 2 additions, beating to blend well between additions and occasionally scraping bottom and sides of bowl with rubber spatula.
- ☐ Transfer batter to pan; spread evenly.
- ☐ Bake cake until pale golden and tester inserted into center comes out with some crumbs attached, 29 to 32 minutes. Cool cake completely in pan on rack. DO AHEAD: Can be made 1 day ahead. Cover pan tightly and store cake at room temperature.
- ☐ Using electric mixer, beat whipping cream and 2 tablespoons cream of coconut in large bowl until peaks form.
- ☐ Spread whipped cream over top of cake.
- ☐ Drizzle 2 tablespoons cream of coconut over whipped cream. Using table knife, swirl cream of coconut throughout whipped cream.
- ☐ Sprinkle toasted coconut over.
- ☐ Cut cake into squares; transfer to plates.
- ☐ Drizzle hibiscus sauce around cake.

## Nutrition Facts



## Properties

Glycemic Index:19.47, Glycemic Load:19.53, Inflammation Score:-4, Nutrition Score:3.8239130338897%

## Flavonoids

Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

## Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 19.26g (29.63%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 35.08g (12.76%), Sugar: 24.55g (27.27%), Cholesterol: 48.13mg (16.04%), Sodium: 174.03mg (7.57%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.98g (7.96%), Selenium: 9.77µg (13.96%), Vitamin A: 609.45IU (12.19%), Manganese: 0.17mg (8.65%), Vitamin B2: 0.12mg (6.94%), Calcium: 58.6mg (5.86%), Phosphorus: 55.06mg (5.51%), Vitamin D: 0.66µg (4.4%), Fiber: 1.08g (4.34%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (2.93%), Magnesium: 10.95mg (2.74%), Potassium: 89.91mg (2.57%), Vitamin B5: 0.2mg (2%), Zinc:

0.28mg (1.86%), Vitamin B12: 0.11µg (1.85%), Folate: 7.14µg (1.78%), Iron: 0.31mg (1.72%), Vitamin B1: 0.02mg (1.54%),  
Vitamin K: 1.49µg (1.42%), Vitamin B3: 0.23mg (1.13%)