



Coconut-Spice Cake

READY IN



45 min.

SERVINGS



10

CALORIES



539 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 0.8 cup butter softened
- 1 cup buttermilk
- 3.5 ounce coconut or flaked canned
- 3 large eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger

- 0.1 teaspoon ground nutmeg
- 1 teaspoon orange extract
- 0.5 cup orange juice
- 2 tablespoons orange rind grated
- 1 halves garnish: pecan
- 1 cup pecans chopped
- 1 teaspoon salt
- 1.5 cups sugar
- 1 teaspoon vanilla extract

Equipment

- oven
- hand mixer

Directions

- Beat butter at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- Add eggs, one at a time, beating after each addition.
- Combine buttermilk and orange juice.
- Combine flour and next 6 ingredients; add to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture.
- Mix at low speed after each addition until blended. Stir in pecans and next 3 ingredients.
- Pour batter into 3 greased and floured 9" round cakepans.
- Bake at 350 for 25 to 28 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pans on wire racks 10 minutes; remove layers from pans and let cool completely on wire racks.
- Spread Seven-Minute Frosting between layers and on top and sides of cake.
- Sprinkle with coconut.
- Garnish, if desired.

Nutrition Facts

PROTEIN 5.7% FAT 50.1% CARBS 44.2%

Properties

Glycemic Index:33.81, Glycemic Load:39.28, Inflammation Score:-6, Nutrition Score:12.627391294293%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 538.88kcal (26.94%), Fat: 30.73g (47.28%), Saturated Fat: 10.19g (63.7%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 57.18g (20.79%), Sugar: 33.53g (37.25%), Cholesterol: 58.44mg (19.48%), Sodium: 608.67mg (26.46%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 7.87g (15.73%), Manganese: 1.06mg (53.19%), Selenium: 18.61µg (26.59%), Vitamin B1: 0.36mg (23.74%), Folate: 73.09µg (18.27%), Vitamin B2: 0.31mg (18%), Vitamin A: 766.79IU (15.34%), Fiber: 3.82g (15.28%), Copper: 0.28mg (14.22%), Phosphorus: 141.63mg (14.16%), Iron: 2.42mg (13.47%), Vitamin B3: 2.15mg (10.74%), Vitamin C: 8.18mg (9.92%), Magnesium: 36.07mg (9.02%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.68mg (6.78%), Potassium: 224.73mg (6.42%), Calcium: 62.71mg (6.27%), Vitamin E: 0.93mg (6.21%), Vitamin B6: 0.11mg (5.54%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.61µg (4.08%)