



## Coconut Tres Leches Cake

READY IN



245 min.

SERVINGS



15

CALORIES



383 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 0.5 teaspoon coconut extract
- 1 cup milk
- 2 cups whipping cream
- 14 oz cream of coconut canned (not coconut milk)
- 1 cup coconut or toasted
- 1 serving kiwi fruit sliced

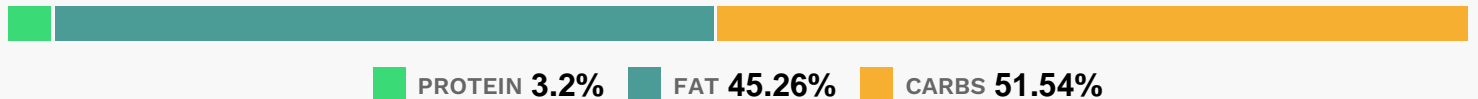
### Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- microwave

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, water, oil, egg whites and coconut extract with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake as directed on box for 13x9-inch pan. Cool 5 minutes. With long-tined fork, poke top of hot cake every 1/2 inch, wiping fork occasionally to reduce sticking. In medium bowl, mix milk, 3/4 cup of the whipping cream and the cream of coconut with whisk until blended. Microwave on High about 1 minute 30 seconds or until heated. Carefully pour mixture over top of warm cake. Cover; refrigerate 3 hours or until chilled.
- In small bowl, beat remaining 1 1/4 cups whipping cream with electric mixer on high speed until stiff (do not overbeat).
- Spread over cake; sprinkle with coconut.
- Cut cake into squares; serve with any remaining cream mixture from pan.
- Garnish with kiwifruit. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.71, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:5.6482609199441%

## Flavonoids

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

## Nutrients (% of daily need)

Calories: 383.31kcal (19.17%), Fat: 19.47g (29.96%), Saturated Fat: 13.83g (86.43%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 47.98g (17.45%), Sugar: 34.75g (38.61%), Cholesterol: 37.81mg (12.6%), Sodium: 268.22mg (11.66%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.1g (6.19%), Phosphorus: 159.09mg (15.91%), Calcium: 119.32mg (11.93%), Vitamin A: 498.11IU (9.96%), Vitamin B2: 0.16mg (9.39%), Manganese: 0.16mg (7.9%), Fiber: 1.92g (7.69%), Folate: 28.36µg (7.09%), Selenium: 4.78µg (6.82%), Vitamin B1: 0.1mg (6.36%), Vitamin C: 4.9mg (5.94%), Iron: 0.85mg (4.71%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.69µg (4.58%), Vitamin B3: 0.91mg (4.56%), Vitamin K: 4.45µg (4.24%), Copper: 0.06mg (3.15%), Potassium: 107.16mg (3.06%), Vitamin B5: 0.27mg (2.7%), Magnesium: 10.66mg (2.67%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.14µg (2.31%), Vitamin B6: 0.04mg (1.87%)