



Coconut Tres Leches Cake

READY IN



245 min.

SERVINGS



15

CALORIES



433 kcal

DESSERT

Ingredients

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

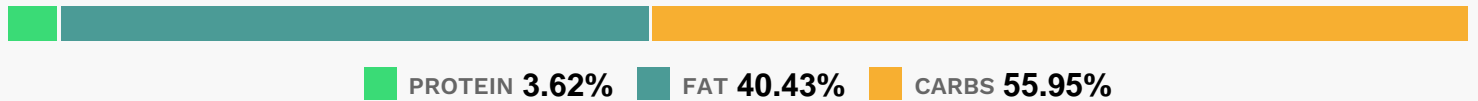
Equipment

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

Directions

- Heat oven to 350F (325F 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:5.59, Inflammation Score:-6, Nutrition Score:12.979999791021%

Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,
Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg
Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.04mg,
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 432.57kcal (21.63%), Fat: 19.85g (30.53%), Saturated Fat: 13.85g (86.58%), Carbohydrates: 61.79g
(20.6%), Net Carbohydrates: 57.32g (20.84%), Sugar: 42.39g (47.1%), Cholesterol: 37.81mg (12.6%), Sodium:
272.46mg (11.85%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 4g (7.99%), Vitamin C: 68.34mg
(82.84%), Vitamin K: 38.68µg (36.84%), Phosphorus: 187.96mg (18.8%), Fiber: 4.47g (17.88%), Calcium: 149.05mg
(14.9%), Folate: 50.44µg (12.61%), Manganese: 0.24mg (12.06%), Vitamin E: 1.8mg (11.97%), Vitamin A: 572IU (11.44%),
Vitamin B2: 0.18mg (10.64%), Copper: 0.18mg (8.84%), Vitamin B1: 0.12mg (7.89%), Potassium: 275.33mg (7.87%),
Selenium: 4.95µg (7.07%), Vitamin B3: 1.23mg (6.13%), Magnesium: 24.25mg (6.06%), Iron: 1.05mg (5.84%), Vitamin
D: 0.69µg (4.58%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.43mg (4.26%), Zinc: 0.49mg (3.25%), Vitamin B12:
0.14µg (2.31%)