



Coconut Triple-Layer Cake

READY IN



45 min.

SERVINGS



16

CALORIES



256 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon butter extract
- 1 tablespoon cake flour
- 3.5 cups cake flour sifted
- 2 large egg whites
- 1.7 cups milk fat-free
- 0.5 cup yogurt plain fat-free
- 0.8 teaspoon salt

- 0.3 cup stick margarine softened
- 1.8 cups sugar
- 0.7 cup coconut or sweetened flaked
- 2.5 teaspoons vanilla extract
- 1.5 tablespoons vegetable oil

Equipment

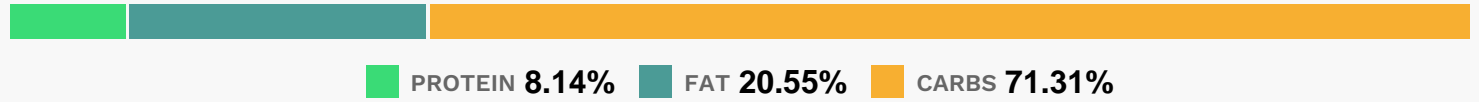
- bowl
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 350
- Coat 3 (8-inch) round cake pans with cooking spray; dust with 1 tablespoon flour.
- Lightly spoon sifted flour into dry measuring cups, and level with a knife.
- Combine sifted flour, baking powder, salt, and baking soda.
- Combine sugar, butter, and oil in a large bowl, and beat at medium speed of a mixer until well-blended (about 5 minutes).
- Add egg whites, 1 at a time, beating well after each addition.
- Combine the milk and yogurt.
- Add the flour mixture to the creamed mixture alternately with the milk mixture, beginning and ending with flour mixture. Stir in extracts.
- Pour cake batter into prepared pans. Sharply tap cake pans once on countertop to remove air bubbles.
- Bake at 350 for 25 minutes or until a wooden pick inserted in center of cake comes out clean. Cool in pans 10 minutes on wire racks, and remove from pans. Cool completely on wire racks.
- Place 1 cake layer on a plate; spread with 2/3 cup Fluffy Coconut Frosting, and top with another cake layer.

- Spread with 2/3 cup frosting, and top with the remaining cake layer.
- Spread the remaining frosting over the top and sides of the cake.
- Sprinkle top of cake with coconut. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:28.87, Inflammation Score:-2, Nutrition Score:4.2843477713025%

Nutrients (% of daily need)

Calories: 256.24kcal (12.81%), Fat: 5.88g (9.04%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 44.87g (16.32%), Sugar: 25.21g (28.01%), Cholesterol: 1.09mg (0.36%), Sodium: 265.7mg (11.55%), Alcohol: 0.22g (100%), Alcohol %: 0.28% (100%), Protein: 5.24g (10.47%), Selenium: 13.34µg (19.06%), Manganese: 0.26mg (12.91%), Calcium: 84.63mg (8.46%), Phosphorus: 82.3mg (8.23%), Vitamin B2: 0.09mg (5.46%), Fiber: 1.02g (4.07%), Vitamin A: 187.34IU (3.75%), Magnesium: 14.05mg (3.51%), Vitamin B12: 0.2µg (3.37%), Copper: 0.07mg (3.29%), Potassium: 112.49mg (3.21%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.28mg (2.78%), Vitamin B1: 0.04mg (2.76%), Folate: 10.91µg (2.73%), Vitamin K: 2.45µg (2.33%), Vitamin E: 0.33mg (2.21%), Iron: 0.38mg (2.12%), Vitamin D: 0.28µg (1.87%), Vitamin B3: 0.35mg (1.75%), Vitamin B6: 0.03mg (1.55%)