

Cool Coconut Cake

READY IN



300 min.

SERVINGS



18

CALORIES



310 kcal

DESSERT

Ingredients

- 13.5 oz coconut milk canned (not cream of coconut)
- 14 oz condensed milk sweetened canned (not evaporated)
- 8 oz coconut shredded unsweetened
- 1 box cake mix white

Equipment

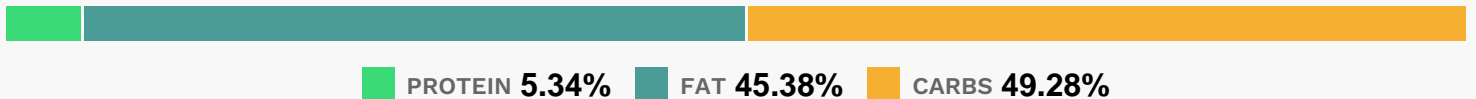
- bowl
- frying pan
- baking paper

- oven
- whisk
- wire rack
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease 13x9-inch pan with shortening or cooking spray; line with cooking parchment paper. Make cake mix as directed on box, using water, oil and egg whites.
- Pour batter into pan.
- Bake 29 to 34 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack, at least 1 hour.
- In medium bowl, mix condensed milk and coconut milk with whisk until well combined; set aside.
- Place coconut in another medium bowl; set aside.
- Cut cake into 6 rows by 3 rows or 6 rows by 4 rows.
- Cut foil into squares large enough to wrap cake pieces.
- Dip cake pieces, one at a time, in milk mixture for 5 seconds, making sure all sides are covered (you want the cake to absorb as much liquid as possible).
- Place moistened cake piece in bowl of shredded coconut, turning to coat all sides. Wrap each piece individually in foil. Refrigerate at least 3 hours or up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:7.32, Inflammation Score:-2, Nutrition Score:7.2221739641998%

Nutrients (% of daily need)

Calories: 309.69kcal (15.48%), Fat: 16.17g (24.88%), Saturated Fat: 13.47g (84.17%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 36.68g (13.34%), Sugar: 25.72g (28.58%), Cholesterol: 7.5mg (2.5%), Sodium: 234.9mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 0.6mg (30.04%), Phosphorus: 199.8mg (19.98%), Selenium: 9.38µg (13.4%), Calcium: 132.2mg (13.22%), Fiber: 2.84g (11.35%), Vitamin B2: 0.17mg (9.8%), Copper: 0.18mg (9.17%), Iron: 1.37mg (7.61%), Magnesium: 28.1mg (7.02%), Folate: 27.07µg (6.77%), Potassium: 223.95mg (6.4%), Vitamin B1: 0.1mg (6.35%), Zinc: 0.74mg (4.9%), Vitamin B3: 0.97mg (4.85%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.06mg (3.21%), Vitamin E: 0.37mg (2.48%), Vitamin C: 1.36mg (1.65%), Vitamin B12: 0.1µg (1.62%), Vitamin A: 58.87IU (1.18%)