



Cool Lemon-Coconut Sour Cream Cake

READY IN



110 min.

SERVINGS



50

CALORIES



101 kcal

DESSERT

Ingredients

- 1.8 cups knudsen cream sour divided
- 3 eggs
- 1.5 cups baker's angel flake coconut
- 1 pkg lemon cake mix (2-layer size)
- 0.3 cup oil
- 0.5 cup sugar
- 1.5 cups cool whip whipped topping thawed

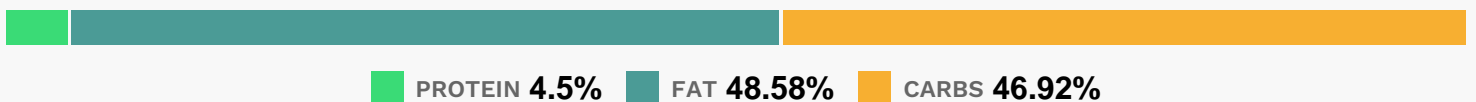
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- toothpicks
- spatula

Directions

- Heat oven to 350F.
- Beat cake mix, 1 cup sour cream, eggs and oil in large bowl with mixer until blended.
- Pour into 10-cup tube pan or 12-cup fluted tube pan sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted near center comes out clean. Cool in pan on wire rack 10 min. Run knife or metal spatula around edge of pan to loosen cake. Invert cake onto rack; gently remove pan. Cool cake completely.
- Mix remaining sour cream, coconut and sugar in large bowl until blended. Gently stir in COOL WHIP. Use to frost cake.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.8617391573346%

Nutrients (% of daily need)

Calories: 100.54kcal (5.03%), Fat: 5.54g (8.52%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 11.5g (4.18%), Sugar: 7.47g (8.31%), Cholesterol: 14.62mg (4.87%), Sodium: 84.1mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Phosphorus: 50.32mg (5.03%), Manganese: 0.09mg (4.57%), Calcium: 33.71mg (3.37%), Vitamin B2: 0.05mg (3.2%), Vitamin E: 0.44mg (2.91%), Selenium: 1.96µg (2.79%), Folate: 9.05µg (2.26%), Fiber: 0.54g (2.16%), Iron: 0.35mg (1.97%), Vitamin B1: 0.03mg (1.9%), Copper: 0.03mg (1.57%), Vitamin K: 1.57µg (1.5%), Vitamin B3: 0.27mg (1.33%), Vitamin A: 66.07IU (1.32%), Vitamin B5:

0.13mg (1.26%), Vitamin B6: 0.02mg (1.19%), Magnesium: 4.61mg (1.15%)