



Double-Coconut Cake

READY IN



45 min.

SERVINGS



14

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon cake flour
- ☐ 2.3 cups cake flour sifted
- ☐ 2 large eggs
- ☐ 14 ounce coconut milk light canned
- ☐ 0.5 teaspoon salt
- ☐ 1.7 cups sugar
- ☐ 0.7 cup coconut or sweetened divided flaked

☐ 1 tablespoon vanilla extract

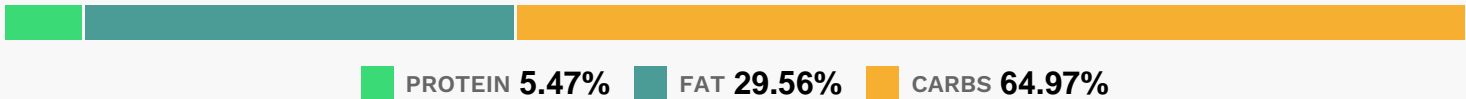
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Coat 2 (9-inch) round cake pans with cooking spray; dust with 1 tablespoon flour.
- ☐ Combine 2 1/4 cups flour, baking powder, and salt, stirring with a whisk.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (for about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture. Stir in vanilla.
- ☐ Pour batter into prepared pans. Sharply tap the pans once on countertop to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in the center 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 1 cup Fluffy Coconut Frosting.
- ☐ Sprinkle with 1/3 cup coconut. Top with remaining cake layer; spread remaining frosting over top and sides of cake.
- ☐ Sprinkle 1/3 cup coconut over top of cake. Store cake loosely covered in refrigerator.
- ☐ (Totals include Fluffy Coconut Frosting.)

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:26.46, Inflammation Score:-1, Nutrition Score:3.0604347612547%

Nutrients (% of daily need)

Calories: 260.06kcal (13%), Fat: 8.5g (13.08%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 41.14g (14.96%), Sugar: 25.46g (28.29%), Cholesterol: 38.19mg (12.73%), Sodium: 231.98mg (10.09%), Alcohol: 0.32g (100%), Alcohol %: 0.44% (100%), Protein: 3.54g (7.08%), Selenium: 11.22µg (16.02%), Manganese: 0.21mg (10.36%), Phosphorus: 53.6mg (5.36%), Calcium: 47mg (4.7%), Fiber: 0.9g (3.58%), Vitamin A: 174.05IU (3.48%), Vitamin B2: 0.05mg (3.11%), Copper: 0.06mg (2.85%), Folate: 10.44µg (2.61%), Iron: 0.46mg (2.54%), Vitamin B5: 0.21mg (2.12%), Magnesium: 8.46mg (2.12%), Zinc: 0.3mg (2.03%), Vitamin E: 0.28mg (1.88%), Potassium: 48.35mg (1.38%), Vitamin B1: 0.02mg (1.35%), Vitamin B3: 0.25mg (1.23%), Vitamin B12: 0.07µg (1.21%), Vitamin B6: 0.02mg (1.07%)