



## Easy Coconut Cake

READY IN



45 min.

SERVINGS



18

CALORIES



164 kcal

DESSERT

### Ingredients

- 1 teaspoon coconut extract
- 1 large eggs
- 2 large egg whites
- 1 tablespoon flour all-purpose
- 0.3 cup brown sugar light packed
- 1 cup buttermilk low-fat
- 0.3 cup coconut or sweetened flaked
- 0.3 cup vegetable oil
- 18.3 ounce duncan hines classic decadent cake mix light white

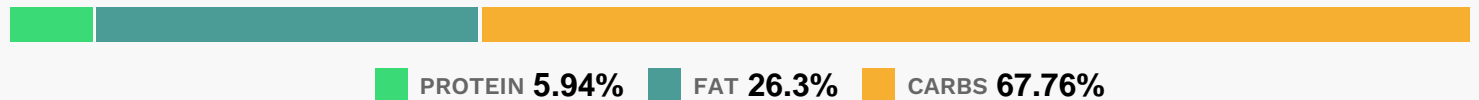
## Equipment

- frying pan
- oven
- blender
- baking pan

## Directions

- Preheat oven to 35
- Coat a 13 x 9-inch baking pan with cooking spray; dust with flour.
- Combine cake mix and next 5 ingredients (cake mix through egg); beat at low speed of a mixer for 30 seconds. Beat at medium speed for 2 minutes.
- Pour half of batter into prepared pan.
- Sprinkle with flaked coconut and brown sugar; top with remaining batter.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool the cake completely in pan.
- Spread the Coconut-Cream Cheese Frosting over top of cake.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:3.3817391149376%

## Nutrients (% of daily need)

Calories: 164.2kcal (8.21%), Fat: 4.84g (7.44%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 27.58g (10.03%), Sugar: 16.2g (18%), Cholesterol: 10.87mg (3.62%), Sodium: 233.21mg (10.14%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 2.46g (4.92%), Phosphorus: 116.55mg (11.66%), Calcium: 82.99mg (8.3%), Vitamin B2: 0.11mg (6.72%), Selenium: 4.69µg (6.7%), Vitamin K: 6.37µg (6.06%), Folate: 23.07µg (5.77%), Vitamin B1: 0.07mg (4.78%), Manganese: 0.08mg (3.86%), Iron: 0.68mg (3.77%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.53mg (3.56%), Vitamin B5: 0.18mg (1.78%), Fiber: 0.44g (1.78%), Copper: 0.03mg (1.67%), Potassium: 56.94mg (1.63%), Magnesium: 6.37mg (1.59%), Zinc: 0.24mg (1.58%)