



Florida Keys Cake

READY IN



140 min.

SERVINGS



16

CALORIES



651 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk
- ☐ 0.3 cup cornstarch
- ☐ 32 ounce cream cheese softened
- ☐ 0.3 cup cream of coconut
- ☐ 3 large eggs
- ☐ 0.5 cup key lime juice
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 2 cups coconut or sweetened divided flaked

- ☐ 16 ounce ready-to-spread vanilla frosting
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

Equipment

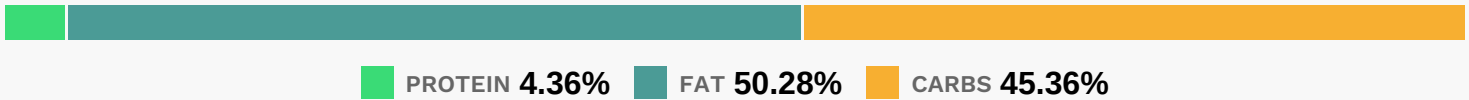
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Combine first 5 ingredients in a mixing bowl; beat at medium speed with an electric mixer 4 minutes. Stir in 1 cup coconut. Divide batter evenly between 2 lightly greased 10-inch round cakepans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans, and cool completely on wire racks.
- ☐ Split cake layers in half horizontally to make 4 layers. Crumble 1 cake layer into fine crumbs. Toss cake crumbs with remaining 1 cup coconut; spread on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until coconut is toasted. Set aside.
- ☐ Combine sugar and cornstarch. Beat cream cheese at high speed with an electric mixer until creamy; gradually add sugar mixture, mixing well.
- ☐ Add eggs, 1 at a time, beating after each addition. Stir in sour cream and lime juice, blending well.
- ☐ Place 1 cake layer, cut side up, in the bottom of a lightly greased 10-inch springform pan. Spoon 1/3 cheesecake batter over cake layer; repeat procedure with remaining cake layers and cheesecake batter. (See tip.)

- ☐ Bake at 325 for 1 hour or until set. Cool completely in pan on a wire rack. Cover and chill at least 4 hours.
- ☐ Run a knife around the edge of pan, releasing sides.
- ☐ Spread frosting over top and sides of cake. Pat reserved crumb mixture generously around sides and top of cake. Chill at least 1 hour before serving. Store in refrigerator.
- ☐ Tip: It may be necessary to use a foil collar around the springform pan to hold the cake and cheesecake mixture once it's layered in the springform pan.
- ☐ Cut a piece of aluminum foil long enough to fit around the 10-inch springform pan, allowing 1-inch overlap; starting from 1 long side, fold foil into thirds. Lightly grease 1 side of foil. Wrap foil around outside of pan, greased side against pan, allowing it to extend to 1 1/2 inches above rim to form a collar; secure with string or masking tape.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:18.08, Inflammation Score:-5, Nutrition Score:8.9982608504917%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 650.91kcal (32.55%), Fat: 36.88g (56.74%), Saturated Fat: 19.19g (119.92%), Carbohydrates: 74.87g (24.96%), Net Carbohydrates: 73.21g (26.62%), Sugar: 55.5g (61.67%), Cholesterol: 102.15mg (34.05%), Sodium: 521.57mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Phosphorus: 228.77mg (22.88%), Vitamin B2: 0.38mg (22.57%), Selenium: 13.49µg (19.27%), Vitamin A: 928.93IU (18.58%), Calcium: 165.87mg (16.59%), Vitamin K: 12.34µg (11.76%), Vitamin E: 1.66mg (11.07%), Folate: 37.09µg (9.27%), Manganese: 0.18mg (9.11%), Vitamin B5: 0.71mg (7.06%), Vitamin B1: 0.1mg (6.88%), Fiber: 1.66g (6.64%), Iron: 1.1mg (6.11%), Potassium: 202.95mg (5.8%), Vitamin B12: 0.31µg (5.12%), Zinc: 0.76mg (5.07%), Vitamin B3: 1mg (5.02%), Magnesium: 19.07mg (4.77%), Copper: 0.08mg (4.24%), Vitamin B6: 0.07mg (3.7%), Vitamin C: 2.4mg (2.9%), Vitamin D: 0.38µg (2.55%)