



Four Day Coconut Cake

READY IN



40 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 1 cake . i used a “-2-3-4 cake” scratch cake from the swans down flour people yellow (box cake or scratch)
- ☐ 12 oz coconut or frozen thawed
- ☐ 2 cups granulated sugar
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 2 cups whipped cream sweetened

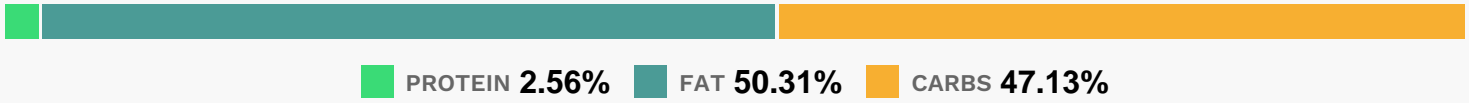
Equipment

- ☐ oven

Directions

- ☐ Bake a very moist yellow cake using your favorite scratch recipe or a good brand of yellow cake mix.
- ☐ Bake it in two round 9 inch pans, then let cool completely.
- ☐ Cut the cake layers horizontally to make 4 layers. Spoon coconut mixture over each layer and stack.
- ☐ Place stacked cake in some sort of cake container and refrigerate for 3 or even 4 days. The coconut mixture will become firmer as it sits.Day Three: Do nothing! (today)Day Four: Whip up a cup of heavy cream and sweeten with a couple of tablespoons of powdered sugar and maybe some vanilla.....or buy an 8 ounce tub of whipped topping.
- ☐ Spread over top of cake or all over cake.
- ☐ Garnish cake with something pretty like berries or caramel ice cream topping, then cut into squares and serve.I am not going to post a picture of this cake until tomorrow.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:24.17, Inflammation Score:-2, Nutrition Score:4.3456521980141%

Nutrients (% of daily need)

Calories: 330.59kcal (16.53%), Fat: 19.26g (29.64%), Saturated Fat: 13.67g (85.47%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 38.04g (13.83%), Sugar: 37.14g (41.27%), Cholesterol: 30.22mg (10.07%), Sodium: 18.69mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Manganese: 0.43mg (21.58%), Fiber: 2.55g (10.21%), Phosphorus: 70.15mg (7.01%), Copper: 0.13mg (6.69%), Selenium: 4.65µg (6.65%), Vitamin A: 307.32IU (6.15%), Calcium: 53.13mg (5.31%), Vitamin B2: 0.08mg (4.88%), Potassium: 164.29mg (4.69%), Iron: 0.74mg (4.1%), Magnesium: 14.03mg (3.51%), Zinc: 0.48mg (3.2%), Folate: 10µg (2.5%), Vitamin B5: 0.24mg (2.45%), Vitamin B1: 0.03mg (2.01%), Vitamin E: 0.28mg (1.85%), Vitamin B12: 0.11µg (1.82%), Vitamin B6: 0.04mg (1.76%), Vitamin C: 1.28mg (1.55%)