



Four-Layer Coconut Cake

READY IN



45 min.

SERVINGS



16

CALORIES



597 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups butter softened
- ☐ 1 cup coconut or
- ☐ 6 oz coconut flakes frozen thawed flaked
- ☐ 2 teaspoons coconut extract
- ☐ 5 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 cup powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 2.7 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

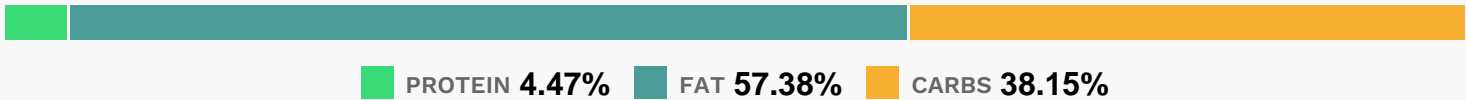
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 40
- ☐ Beat first 6 ingredients at medium speed with an electric mixer until well blended.
- ☐ Add extracts, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in flaked coconut.
- ☐ Pour batter into 4 greased and floured 9-inch round cake pans.
- ☐ Bake at 400 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks, and let cool 1 hour or until completely cool.
- ☐ Meanwhile, reduce oven temperature to 35
- ☐ Arrange coconut shavings in a single layer in a shallow pan.
- ☐ Bake 8 to 10 minutes or until toasted, stirring occasionally.
- ☐ Spread Coconut Filling between layers, leaving a 1-inch border. Beat whipping cream at high speed until foamy. Gradually add powdered sugar, beating until soft peaks form.
- ☐ Spread on top and sides of cake.
- ☐ Sprinkle toasted coconut on top and sides of cake, pressing gently to adhere.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:36.58, Inflammation Score:-6, Nutrition Score:9.7000000321347%

Nutrients (% of daily need)

Calories: 596.66kcal (29.83%), Fat: 38.84g (59.76%), Saturated Fat: 26.16g (163.49%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 55.28g (20.1%), Sugar: 38.04g (42.27%), Cholesterol: 139.33mg (46.44%), Sodium: 277.88mg (12.08%), Alcohol: 0.3g (100%), Alcohol %: 0.24% (100%), Protein: 6.81g (13.63%), Manganese: 0.54mg (26.78%), Selenium: 16.82µg (24.03%), Vitamin A: 1078.22IU (21.56%), Vitamin B2: 0.29mg (17.09%), Vitamin B1: 0.22mg (14.37%), Folate: 54.32µg (13.58%), Phosphorus: 127.09mg (12.71%), Fiber: 2.82g (11.26%), Iron: 1.92mg (10.65%), Copper: 0.16mg (7.9%), Vitamin B3: 1.53mg (7.67%), Calcium: 74.41mg (7.44%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.96µg (6.38%), Vitamin B5: 0.6mg (5.99%), Magnesium: 22.71mg (5.68%), Zinc: 0.79mg (5.28%), Potassium: 180.46mg (5.16%), Vitamin B12: 0.31µg (5.09%), Vitamin B6: 0.09mg (4.6%), Vitamin K: 2.65µg (2.52%)