



Fresh Coconut Cake

READY IN



180 min.

SERVINGS



8

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.5 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 2.5 cups coconut or fresh grated
- ☐ 2 teaspoons plus light
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1 cup milk (not nonfat)
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups sugar
- ☐ 1 stick butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer

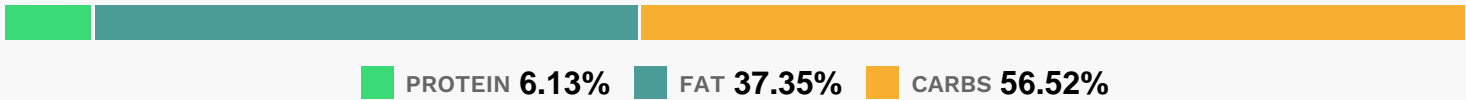
Directions

- ☐ Bring milk just to a boil in a small heavy saucepan.
- ☐ Remove from heat and stir in coconut. Cover and let stand 30 minutes. Purée in a blender.
- ☐ Preheat oven to 350°F. Butter 2 (9- by 2-inch) round cake pans and dust with flour, knocking out excess.
- ☐ Sift together flour, baking powder, and salt. Beat together butter and sugar in a large bowl with an electric mixer until light and fluffy. Beat in whites, vanilla, and almond extract until light and fluffy again, about 2 minutes.
- ☐ Add half of flour mixture and beat on low speed just until blended. Beat in coconut-milk mixture, then remaining flour mixture, just until blended.
- ☐ Divide batter evenly between cake pans.
- ☐ Bake in middle of oven until golden and a tester comes out clean, about 30 minutes. Cool layers in pans on racks 5 minutes. Run a thin knife around edges of pans, then invert layers onto racks to cool completely.
- ☐ Heat whites, sugar, water, corn syrup, and cream of tartar in a large metal bowl set over a saucepan of simmering water, whisking, until mixture is warm and sugar is dissolved. Beat mixture, still over heat, with a handheld electric mixer on high speed until thick and fluffy,

about 7 minutes. (Depending on mixer and weather, this may take longer.)

- ☐ Remove frosting from heat.
- ☐ Add vanilla and beat until cool and spreadable.
- ☐ Brush any loose crumbs from layers and put 1 layer upside down on a serving plate.
- ☐ Spread with about 1 1/4 cups of frosting and sprinkle with , cup coconut.
- ☐ Place other layer on top, right side up. Frost top and sides of cake (you may have some frosting left over) and sprinkle with remaining coconut.
- ☐ •If egg safety is a problem in your area, you may want to use either pasteurized egg whites in the carton or reconstituted powdered egg whites for the frosting. •Cake may be made 1 day ahead and chilled, loosely covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:37.01, Glycemic Load:45.97, Inflammation Score:-3, Nutrition Score:8.1356523347938%

Nutrients (% of daily need)

Calories: 510.42kcal (25.52%), Fat: 21.6g (33.23%), Saturated Fat: 15.34g (95.9%), Carbohydrates: 73.55g (24.52%), Net Carbohydrates: 70.36g (25.59%), Sugar: 42.68g (47.42%), Cholesterol: 34.03mg (11.34%), Sodium: 346.39mg (15.06%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 7.98g (15.96%), Manganese: 0.69mg (34.58%), Selenium: 21.47µg (30.68%), Calcium: 140.45mg (14.05%), Phosphorus: 135.11mg (13.51%), Fiber: 3.19g (12.76%), Copper: 0.19mg (9.53%), Vitamin B2: 0.14mg (8.09%), Vitamin A: 403.17IU (8.06%), Potassium: 230.53mg (6.59%), Iron: 1.16mg (6.47%), Magnesium: 23.7mg (5.92%), Zinc: 0.77mg (5.11%), Folate: 20.31µg (5.08%), Vitamin B1: 0.07mg (4.51%), Vitamin B5: 0.4mg (3.99%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.55µg (3.65%), Vitamin B12: 0.2µg (3.33%), Vitamin B3: 0.58mg (2.9%), Vitamin B6: 0.05mg (2.39%), Vitamin K: 1.25µg (1.19%)