Fresh Coconut Cake

READY IN	SERVINGS	CALORIES
45 min.	16	355 kcal

DESSERT

Ingredients

- [ ] 2 teaspoons double-acting baking powder
- [ ] 0.7 cup butter softened
- [ ] 1 tablespoon cake flour
- [ ] 3 cups cake flour sifted
- [ ] 2 cups coconut or fresh shaved toasted
- [ ] 1 cup coconut water (from 1 small brown coconut)
- [ ] 0.3 teaspoon cream of tartar
- [ ] 4 large egg whites
- [ ] 6 large egg whites

- [ ] 0.1 teaspoon salt
- [ ] 0.3 teaspoon salt
- [ ] 1.3 cups sugar
- [ ] 1.8 cups sugar divided
- [ ] 2 tablespoons sugar
- [ ] 1 teaspoon vanilla
- [ ] 1 teaspoon vanilla extract
- [ ] 0.3 cup water

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] oven
- [ ] whisk
- [ ] blender
- [ ] wax paper
- [ ] candy thermometer

Directions

- [ ] To prepare the cake, preheat oven to 35
- [ ] Lightly coat 3 (9-inch) round cake pans with cooking spray; line bottom of pans with wax paper. Lightly coat wax paper with cooking spray; dust pans with 1 tablespoon flour.
- [ ] Combine 12 ounces (about 3 cups) flour, baking powder, and salt; stir with a whisk.
- [ ] Place 1 1/2 cups plus 2 tablespoons sugar and butter in a large bowl; beat with a mixer at medium speed for 2 1/2 minutes or until well blended.
- [ ] Add flour mixture and coconut water alternately to sugar mixture, beginning and ending with flour mixture. Beat in 1 teaspoon vanilla. In a separate bowl, beat 6 egg whites on high speed until foamy using clean, dry beaters.
- [ ] Add remaining 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Carefully fold egg whites into batter; pour batter into prepared pans.

- [ ] Bake at 350 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans. Discard wax paper. Cool completely on wire racks.

- [ ] To prepare frosting, combine 4 egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl; beat with a mixer at high speed until foamy.

- [ ] Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form.

- [ ] Combine remaining 1 1/4 cups sugar and 1/4 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 25

- [ ] With mixer on low speed, pour hot sugar syrup in a thin stream over egg whites. Gradually increase speed to high; beat 8 minutes or until thick and cool. Stir in 1 teaspoon vanilla.

- [ ] Place 1 cake layer on a serving plate, and spread with 1 cup frosting. Top with another cake layer. Repeat procedure with 1 cup frosting and remaining cake layer, ending with cake layer on top.

- [ ] Spread remaining frosting over top and sides of cake. Gently press shaved coconut onto top and sides of cake. Store cake loosely covered in refrigerator.

Nutrition Facts

| PROTEIN **6.23%** | FAT **28.9%** | CARBS **64.87%** |
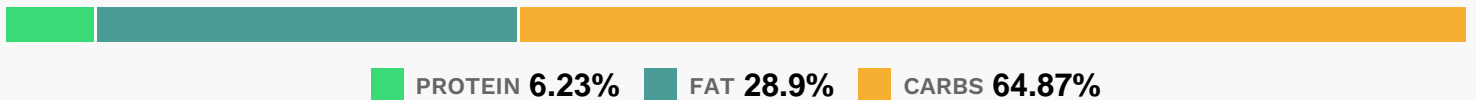
Properties

Glycemic Index:34.45, Glycemic Load:38.85, Inflammation Score:–2, Nutrition Score:4.3899999856949%

Nutrients (% of daily need)

Calories: 354.96kcal (17.75%), Fat: 11.61g (17.86%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 56.98g (20.72%), Sugar: 40.23g (44.7%), Cholesterol: 20.34mg (6.78%), Sodium: 221.43mg (9.63%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.63g (11.26%), Selenium: 15.09µg (21.56%), Manganese: 0.37mg (18.28%), Vitamin B2: 0.13mg (7.44%), Fiber: 1.64g (6.56%), Phosphorus: 53.81mg (5.38%), Copper: 0.1mg (5.08%), Vitamin A: 236.84IU (4.74%), Calcium: 42.27mg (4.23%), Potassium: 142.23mg (4.06%), Magnesium: 15.61mg (3.9%), Iron: 0.6mg (3.32%), Folate: 12.04µg (3.01%), Zinc: 0.35mg (2.32%), Vitamin E: 0.34mg (2.26%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.19mg (1.91%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.02mg (1.02%)