



Fresh Coconut Cake With Pineapple Custard

READY IN



30 min.

SERVINGS



8

CALORIES



1175 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup butter softened
- 6 oz coconut or unsweetened frozen divided thawed grated
- 1.3 cups coconut milk
- 4 large eggs at room temperature
- 2.8 cups flour all-purpose sifted
- 8 servings flour all-purpose
- 2 cups domino granulated sugar
- 5.1 oz jell-o vanilla flavor pudding & pie filling instant

- 2 cups milk 2% reduced-fat
- 16 oz philadelphia neufchatel cheese
- 0.3 cup florida's natural premium brand orange juice
- 1 cup pineapple crushed drained
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 8 servings crisco all-vegetable shortening
- 16 oz non-dairy whipped topping frozen thawed

Equipment

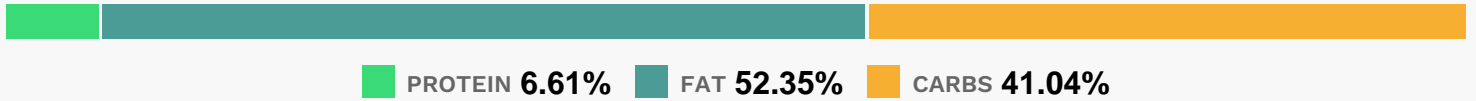
- paper towels
- oven
- wire rack
- sieve
- hand mixer
- serrated knife

Directions

- Grease 2 (9-inch) round cake pans with vegetable shortening. Lightly flour pans, and set aside.
- Beat butter at medium speed with an electric mixer until creamy.
- Add eggs, 1 at a time, beating just until yellow disappears after each addition. Gradually add sugar, and beat until light and fluffy. Stir in vanilla.
- Combine 2 3/4 cups flour, baking powder, and salt; add to butter mixture alternately with orange juice and coconut milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Pour batter into prepared cake pans.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- Remove cake from pans, and cool on a wire rack 1 hour or until completely cool.

- Cut each cooled layer in half lengthwise using a serrated knife. Chill layers 30 minutes.
- Beat cream cheese at medium speed until fluffy.
- Add instant pudding mix and 2 cups milk, and beat at low speed until smooth.
- Place pineapple in a wire-mesh strainer; press with paper towels to remove liquid. Stir pineapple and 1/2 cup grated coconut into cream cheese mixture. Chill 30 minutes or until firm.
- Spread cream cheese mixture evenly between cake layers.
- Spread whipped topping on top and sides of cake, and sprinkle top and sides with remaining 1 cup grated coconut. Chill until ready to serve. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:67.26, Glycemic Load:64.95, Inflammation Score:-8, Nutrition Score:22.58347799467%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1175.37kcal (58.77%), Fat: 69.88g (107.5%), Saturated Fat: 48.95g (305.91%), Carbohydrates: 123.24g (41.08%), Net Carbohydrates: 117.83g (42.85%), Sugar: 77.31g (85.9%), Cholesterol: 201.82mg (67.27%), Sodium: 750.14mg (32.61%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 19.84g (39.68%), Manganese: 1.23mg (61.51%), Selenium: 34.02µg (48.6%), Vitamin B2: 0.66mg (39%), Phosphorus: 389.59mg (38.96%), Vitamin B1: 0.51mg (34.3%), Folate: 128.21µg (32.05%), Vitamin A: 1457.69IU (29.15%), Calcium: 283.38mg (28.34%), Iron: 5.09mg (28.26%), Fiber: 5.41g (21.64%), Copper: 0.41mg (20.61%), Vitamin B3: 3.72mg (18.58%), Magnesium: 72.16mg (18.04%), Potassium: 576.78mg (16.48%), Zinc: 2.18mg (14.52%), Vitamin B12: 0.87µg (14.45%), Vitamin B5: 1.42mg (14.25%), Vitamin B6: 0.22mg (11.23%), Vitamin E: 1.65mg (11%), Vitamin C: 7.75mg (9.4%), Vitamin K: 6.01µg (5.72%), Vitamin D: 0.5µg (3.33%)