



## Fruit Cocktail Cake VII

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



237 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 0.5 cup butter
- 1 cup coconut or flaked
- 2 eggs
- 0.7 cup evaporated milk
- 1.8 cups flour all-purpose
- 15.3 ounce fruit cocktail with juice canned
- 1 teaspoon vanilla extract

1 cup sugar white

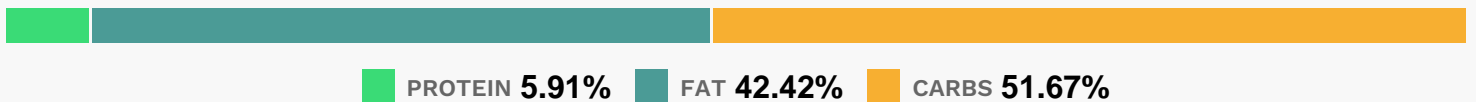
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, and baking soda; set aside.
- In a large bowl, combine the eggs, sugar and fruit cocktail. Beat in the flour mixture.
- Spread batter into prepared pan.
- Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Prick the top with a fork and spread on topping while still hot.
- To make the topping: In a saucepan, combine 1 cup sugar, butter, evaporated milk and coconut. bring to a rolling boil over medium heat.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:19.57, Inflammation Score:-3, Nutrition Score:4.9673912887988%

## Nutrients (% of daily need)

Calories: 236.78kcal (11.84%), Fat: 11.4g (17.54%), Saturated Fat: 7.86g (49.09%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.65g (10.78%), Sugar: 18.96g (21.07%), Cholesterol: 41.34mg (13.78%), Sodium: 182.57mg (7.94%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.58g (7.16%), Manganese: 0.3mg (15.04%), Selenium: 8.35µg (11.93%), Vitamin B2: 0.15mg (8.87%), Vitamin B1: 0.13mg (8.74%), Folate: 31.94µg (7.99%), Phosphorus: 66.78mg (6.68%), Fiber: 1.61g (6.42%), Vitamin A: 307.49IU (6.15%), Iron: 1.08mg (6%), Vitamin B3: 1.04mg (5.18%), Copper: 0.09mg (4.67%), Calcium: 39.89mg (3.99%), Magnesium: 13.32mg (3.33%), Potassium:

116.54mg (3.33%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.43mg (2.89%), Zinc: 0.41mg (2.75%), Vitamin B6:  
0.05mg (2.7%), Vitamin B12: 0.08µg (1.38%), Vitamin K: 1.42µg (1.36%), Vitamin C: 0.85mg (1.02%)