



Hazel's Fresh Coconut Cake

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



567 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 2 cups coconut or fresh shredded (2 coconuts)
- ☐ 0.3 cup coconut milk fresh
- ☐ 4 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 10 servings kumquats

- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 1.5 teaspoons vanilla extract

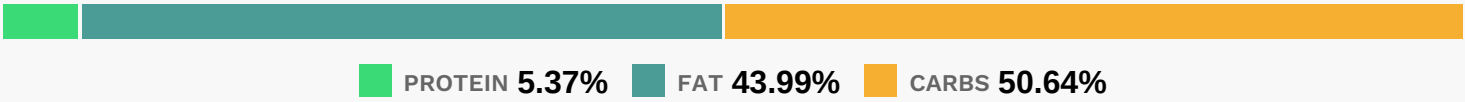
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 2 cups sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in flavorings.
- ☐ Pour batter into 3 greased and floured 9" round cakepans.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool on wire racks.
- ☐ Combine 2 tablespoons sugar and coconut milk in a small glass bowl. Microwave on HIGH 1 minute; stir until sugar dissolves.
- ☐ Brush 1 cake layer with half of coconut milk mixture, leaving a 1/2" margin around edges.
- ☐ Spread with 1 cup Boiled Frosting, and sprinkle with 1/2 cup shredded coconut. Top with second cake layer, and repeat procedure. Top with remaining cake layer.
- ☐ Spread remaining frosting on top and sides of cake; sprinkle with remaining coconut.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:50.22, Glycemic Load:49.47, Inflammation Score:-5, Nutrition Score:10.501739232436%

Flavonoids

Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg

Nutrients (% of daily need)

Calories: 566.72kcal (28.34%), Fat: 28.14g (43.29%), Saturated Fat: 18.62g (116.39%), Carbohydrates: 72.88g (24.29%), Net Carbohydrates: 70.45g (25.62%), Sugar: 44.91g (49.9%), Cholesterol: 126.13mg (42.04%), Sodium: 506.23mg (22.01%), Alcohol: 0.41g (100%), Alcohol %: 0.31% (100%), Protein: 7.73g (15.46%), Selenium: 20.36µg (29.08%), Manganese: 0.53mg (26.54%), Vitamin B1: 0.3mg (20.33%), Folate: 78.11µg (19.53%), Vitamin B2: 0.32mg (18.58%), Phosphorus: 148.11mg (14.81%), Iron: 2.65mg (14.7%), Vitamin A: 717.7IU (14.35%), Vitamin B3: 2.21mg (11.06%), Calcium: 103.4mg (10.34%), Fiber: 2.43g (9.74%), Copper: 0.15mg (7.57%), Vitamin B5: 0.63mg (6.32%), Vitamin B12: 0.35µg (5.81%), Zinc: 0.83mg (5.56%), Magnesium: 21.63mg (5.41%), Vitamin E: 0.81mg (5.4%), Potassium: 180.51mg (5.16%), Vitamin D: 0.67µg (4.46%), Vitamin B6: 0.08mg (3.78%), Vitamin K: 1.86µg (1.77%), Vitamin C: 1.02mg (1.24%)