



Hibiscus-Nectar Cake

READY IN



45 min.

SERVINGS



10

CALORIES



689 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 2 cups coconut or flaked toasted
- ☐ 1 teaspoon coconut extract
- ☐ 5 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup maraschino cherries drained chopped
- ☐ 1 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 cups sugar
- ☐ 1.3 teaspoons vanilla extract

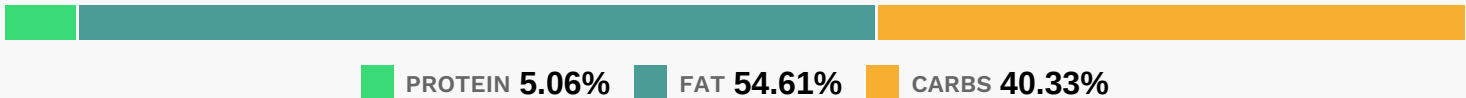
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Add extracts; beat just until blended. Set mixture aside.
- ☐ Combine buttermilk and sour cream, stirring until blended.
- ☐ Combine flour, baking soda, and salt, and add to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed with an electric mixer until blended after each addition.
- ☐ Beat egg whites until stiff peaks form; fold into batter. Fold in coconut, pecans, and cherries.
- ☐ Pour batter into 3 greased and floured 9-inch round cakepans.
- ☐ Bake at 350 for 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 completely on wire racks.
- ☐ Spread Cherry-Nut Cream Cheese Frosting between layers and on top and sides of cake. Store cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:42.14, Inflammation Score:-6, Nutrition Score:13.517826124378%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 689.13kcal (34.46%), Fat: 42.89g (65.99%), Saturated Fat: 16.72g (104.51%), Carbohydrates: 71.27g (23.76%), Net Carbohydrates: 66.4g (24.14%), Sugar: 47.84g (53.16%), Cholesterol: 99.03mg (33.01%), Sodium: 403.39mg (17.54%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 8.94g (17.88%), Manganese: 1.14mg (57.09%), Selenium: 21.07µg (30.11%), Vitamin B1: 0.3mg (20.27%), Vitamin B2: 0.33mg (19.56%), Fiber: 4.87g (19.48%), Copper: 0.35mg (17.38%), Phosphorus: 169.51mg (16.95%), Folate: 63.09µg (15.77%), Iron: 2.53mg (14.05%), Vitamin A: 627.84IU (12.56%), Magnesium: 40.9mg (10.22%), Vitamin E: 1.53mg (10.2%), Zinc: 1.48mg (9.86%), Vitamin B5: 0.92mg (9.19%), Vitamin B3: 1.76mg (8.8%), Calcium: 73.68mg (7.37%), Potassium: 247.38mg (7.07%), Vitamin B6: 0.14mg (7.02%), Vitamin K: 6.37µg (6.07%), Vitamin B12: 0.36µg (5.94%), Vitamin D: 0.81µg (5.41%)