



## Holiday Coconut Cake

 Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



128 kcal

DESSERT

### Ingredients

- 6 eggs separated
- 2 cups baker's angel flake coconut divided
- 0.7 cup matzo meal
- 2 Tbsp orange juice
- 1 tsp orange zest
- 8 oz pineapple in juice crushed drained canned
- 0.3 cup potato flour
- 1 cup sugar

- 0.5 cup planters walnuts
- 8 oz cool whip whipped topping divided thawed

## Equipment

- food processor
- bowl
- oven
- blender
- toothpicks

## Directions

- Heat oven to 350F.
- Grease and flour 2 (9-inch) round pans; set aside. Process 1/2 cup coconut and nuts in food processor until finely ground; set aside.
- Mix matzo meal and potato starch; set aside. Beat egg yolks in large bowl with mixer until blended. Gradually add sugar, beating until thick and lemon colored. Beat in orange juice and matzo meal mixture until blended. Gently stir in coconut mixture and orange zest.
- Beat egg whites in separate bowl with mixer until stiff peaks form. Gently stir into batter.
- Pour into prepared pans.
- Bake 25 to 30 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Invert cakes onto wire racks; gently remove pans. Cool cakes completely.
- Place 1 cake layer on serving plate; spread top with about 1-1/2 cups COOL WHIP.
- Sprinkle with half the pineapple and 1/4 cup of the remaining coconut. Cover with remaining cake layer. Frost cake top and sides with remaining COOL WHIP; sprinkle with remaining coconut.
- Garnish with remaining pineapple. Refrigerate at least 1 hour before serving.

## Nutrition Facts



**PROTEIN 7.5%** **FAT 46.65%** **CARBS 45.85%**

## Properties

Glycemic Index:4.74, Glycemic Load:4.74, Inflammation Score:-1, Nutrition Score:3.0534782720649%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 127.5kcal (6.37%), Fat: 6.84g (10.52%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.78g (5.01%), Sugar: 10.17g (11.3%), Cholesterol: 32.89mg (10.96%), Sodium: 20.96mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.25mg (12.47%), Selenium: 5.26µg (7.52%), Fiber: 1.33g (5.34%), Copper: 0.1mg (4.84%), Phosphorus: 47.18mg (4.72%), Vitamin B2: 0.07mg (4.04%), Vitamin B6: 0.06mg (3.2%), Magnesium: 12.68mg (3.17%), Iron: 0.55mg (3.06%), Vitamin B1: 0.04mg (2.6%), Potassium: 87.9mg (2.51%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.21mg (2.14%), Folate: 8.38µg (2.1%), Vitamin C: 1.53mg (1.85%), Calcium: 16.46mg (1.65%), Vitamin B12: 0.09µg (1.56%), Vitamin B3: 0.26mg (1.32%), Vitamin A: 59.83IU (1.2%), Vitamin E: 0.18mg (1.17%), Vitamin D: 0.18µg (1.17%)