



Incredibly Delicious Italian Cream Cake

READY IN



95 min.

SERVINGS



8

CALORIES



1091 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter
- 1 cup buttermilk
- 1 cup coconut or flaked
- 4 cups confectioners' sugar
- 8 ounces cream cheese
- 5 eggs
- 2 cups flour all-purpose

- 2 tablespoons cup heavy whipping cream light
- 0.5 cup shortening
- 1 cup coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 2 cups sugar white

Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease three 9 inch round cake pans. In a small bowl, dissolve the baking soda in the buttermilk; set aside.
- In a large bowl, cream together 1/2 cup butter, shortening and white sugar until light and fluffy.
- Mix in the eggs, buttermilk mixture, 1 teaspoon vanilla, 1 cup coconut, baking powder and flour. Stir until just combined.
- Pour batter into the prepared pans.
- Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- To Make Frosting: In a medium bowl, combine cream cheese, 1/2 cup butter, 1 teaspoon vanilla and confectioners' sugar. Beat until light and fluffy.
- Mix in a small amount of cream to attain the desired consistency. Stir in chopped nuts and remaining flaked coconut.
- Spread between layers and on top and sides of cooled cake.

Nutrition Facts



PROTEIN 4.22% FAT 43.45% CARBS 52.33%

Properties

Glycemic Index:45.64, Glycemic Load:53.27, Inflammation Score:-6, Nutrition Score:15.081304377836%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 1090.84kcal (54.54%), Fat: 53.9g (82.93%), Saturated Fat: 27.76g (173.49%), Carbohydrates: 146.09g (48.7%), Net Carbohydrates: 141.98g (51.63%), Sugar: 116.25g (129.17%), Cholesterol: 168.9mg (56.3%), Sodium: 479.11mg (20.83%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.78g (23.55%), Manganese: 0.87mg (43.7%), Selenium: 27.44µg (39.2%), Vitamin B2: 0.45mg (26.53%), Phosphorus: 218.53mg (21.85%), Vitamin B1: 0.31mg (20.94%), Folate: 83.18µg (20.8%), Vitamin A: 972.73IU (19.45%), Fiber: 4.12g (16.47%), Copper: 0.32mg (15.9%), Iron: 2.83mg (15.71%), Calcium: 129.84mg (12.98%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 1.09mg (10.88%), Magnesium: 43mg (10.75%), Vitamin B3: 2.15mg (10.74%), Zinc: 1.38mg (9.19%), Vitamin K: 9µg (8.57%), Potassium: 287.69mg (8.22%), Vitamin B6: 0.16mg (8.16%), Vitamin B12: 0.48µg (7.95%), Vitamin D: 0.96µg (6.42%)