



## Italian Cream Cake

READY IN



160 min.

SERVINGS



18

CALORIES



513 kcal

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 2 cups sugar
- 1 cup butter softened
- 0.5 cup shortening
- 1 teaspoon vanilla
- 5 eggs separated
- 1 cup buttermilk

- 2 cups coconut flakes flaked
- 1 cup pecans finely chopped
- 1 lb cream cheese frosting
- 1 serving pecans chopped

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease 13x9-inch pan with shortening; lightly flour. In medium bowl, mix flour, baking soda and salt; set aside.
- In large bowl, beat sugar, butter and shortening with electric mixer on medium speed until light and fluffy. Beat in vanilla.
- Add egg yolks, one at a time, beating until blended.
- Add flour mixture alternately with buttermilk, beating until blended after each addition. On low speed, beat in coconut and 1 cup pecans until blended.
- In another large bowl, beat egg whites with electric mixer on high speed just until stiff peaks form. Fold one-fourth of egg whites into cake batter; fold in remaining egg whites.
- Pour batter into pan.
- Bake 45 to 48 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack, about 1 hour 30 minutes.
- Frost cake.
- Garnish with additional chopped pecans.

## Nutrition Facts



■ PROTEIN 3.61% ■ FAT 55.6% ■ CARBS 40.79%

## Properties

Glycemic Index:10.89, Glycemic Load:23.41, Inflammation Score:-4, Nutrition Score:7.5178260505199%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 512.65kcal (25.63%), Fat: 32.51g (50.02%), Saturated Fat: 11.11g (69.46%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 51.16g (18.6%), Sugar: 39.89g (44.32%), Cholesterol: 46.93mg (15.64%), Sodium: 328.05mg (14.26%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Protein: 4.75g (9.5%), Manganese: 0.64mg (31.89%), Selenium: 11.19µg (15.99%), Vitamin B1: 0.17mg (11.24%), Vitamin A: 542.52IU (10.85%), Vitamin B2: 0.18mg (10.32%), Fiber: 2.5g (10%), Copper: 0.19mg (9.37%), Phosphorus: 90.59mg (9.06%), Folate: 34.15µg (8.54%), Iron: 1.39mg (7.7%), Vitamin E: 1.01mg (6.75%), Magnesium: 22.66mg (5.67%), Zinc: 0.78mg (5.2%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.48mg (4.77%), Potassium: 140.97mg (4.03%), Vitamin B6: 0.07mg (3.71%), Calcium: 35.88mg (3.59%), Vitamin K: 3.39µg (3.23%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.42µg (2.79%)