



Jamie's Coconut Cake

 Vegetarian

READY IN



115 min.

SERVINGS



20

CALORIES



426 kcal

DESSERT

Ingredients

- 20 servings artificial holly
- 2 sticks butter at room temperature
- 1 cup coconut milk
- 0.3 teaspoon cream of tartar white
- 2 egg whites
- 4 eggs
- 4 tablespoons milk
- 0.1 teaspoon salt

- 3 cups self-rising flour sifted
- 1 cup heavy whipping cream sour
- 0.8 cup sugar
- 1.5 cups sugar
- 2 cups sugar
- 0.5 cup coconut or sweetened flaked
- 2 cups coconut or sweetened flaked
- 1 teaspoon vanilla extract pure
- 1.5 teaspoons vanilla extract pure
- 0.3 cup water

Equipment

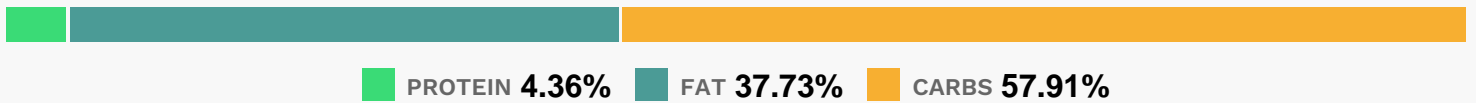
- bowl
- frying pan
- oven
- double boiler
- hand mixer
- wooden spoon

Directions

- Preheat oven to 350 degrees F. Grease and flour 3 (9-inch) cake pans.
- Using an electric mixer, cream butter until fluffy.
- Add sugar and continue to cream well for 6 to 8 minutes.
- Add eggs, 1 at a time, beating well after each addition.
- Add flour and coconut milk alternately to creamed mixture, beginning and ending with flour.
- Add vanilla and continue to beat until just mixed. Divide batter equally among prepared pans. Level batter in each pan by holding pan 3 or 4-inches above counter, then dropping it flat onto counter. Do this several times to release air bubbles and assure you of a more level cake.

- Bake for 25 to 30 minutes or until done. Cool in pans 5 to 10 minutes. Invert cakes onto cooling racks.
- Stir together sugar, sour cream, milk, and coconut in a bowl until well blended.
- Add first cake layer onto pedestal. Using the wrong end of a wooden spoon, poke holes approximately 1-inch apart until entire cake has been poked.
- Spread a third of filling mixture on cake layer. Top with second layer, repeat process. Top with last layer and repeat process again.
- Place sugar, cream of tartar or corn syrup, salt, water, and egg whites in the top of a double boiler. Beat with a handheld electric mixer for 1 minute.
- Place pan over boiling water, being sure that boiling water does not touch the bottom of the top pan. Beat constantly on high speed with electric mixer for 7 minutes. Beat in vanilla. Frost the top and sides of the cake.
- Sprinkle top and sides of cake with coconut.
- Garnish with artificial holly, if desired.

Nutrition Facts



Properties

Glycemic Index:23.11, Glycemic Load:38.84, Inflammation Score:-3, Nutrition Score:4.7234782913457%

Nutrients (% of daily need)

Calories: 426.18kcal (21.31%), Fat: 18.17g (27.95%), Saturated Fat: 12.29g (76.81%), Carbohydrates: 62.73g (20.91%), Net Carbohydrates: 61.23g (22.26%), Sugar: 47.17g (52.41%), Cholesterol: 64.18mg (21.39%), Sodium: 142.28mg (6.19%), Alcohol: 0.52g (100%), Alcohol %: 0.52% (100%), Protein: 4.72g (9.44%), Selenium: 13.31µg (19.01%), Manganese: 0.35mg (17.33%), Vitamin A: 406.79IU (8.14%), Phosphorus: 72.11mg (7.21%), Vitamin B2: 0.1mg (6.06%), Fiber: 1.5g (6.01%), Copper: 0.1mg (5.23%), Iron: 0.89mg (4.96%), Magnesium: 18.65mg (4.66%), Potassium: 129.85mg (3.71%), Folate: 13.37µg (3.34%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.32mg (3.18%), Vitamin E: 0.47mg (3.17%), Calcium: 29.89mg (2.99%), Vitamin B12: 0.14µg (2.34%), Vitamin B3: 0.37mg (1.84%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.04mg (1.78%), Vitamin D: 0.21µg (1.39%)