



Key Lime Coconut Angel Cake

 Popular

READY IN



25 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 1.3 cups water cold
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 12 oz non-dairy whipped topping frozen thawed
- ☐ 1 cup coconut flakes flaked
- ☐ 1 serving kiwi fruit sliced

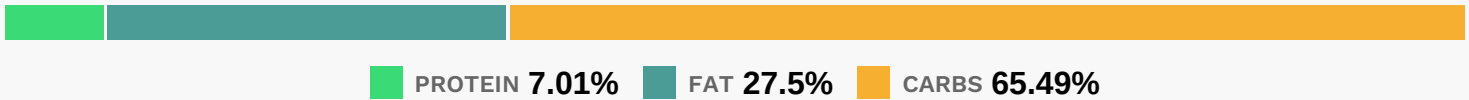
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Make cake mix as directed on package, using cold water. Cool cake completely.
- ☐ Cut cake horizontally into 3 layers.
- ☐ Place bottom layer, cut side up, on serving plate.
- ☐ In large bowl, beat milk, lime juice and lime peel with wire whisk until smooth and thickened. Fold in whipped topping.
- ☐ Spread 1 cup lime mixture evenly over top of first layer of cake.
- ☐ Place second layer of cake carefully on bottom layer; spread evenly with 1 cup lime mixture. Top with remaining layer of cake.
- ☐ Frost top and side of cake with remaining lime mixture.
- ☐ Sprinkle with coconut.
- ☐ Garnish cake with kiwifruit and strawberries.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:8.56, Inflammation Score:-2, Nutrition Score:5.2317391258219%

Flavonoids

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.67kcal (13.53%), Fat: 8.48g (13.04%), Saturated Fat: 6.82g (42.65%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 44.22g (16.08%), Sugar: 36.89g (40.99%), Cholesterol: 8.86mg (2.95%), Sodium: 283.18mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Phosphorus: 187.64mg (18.76%), Calcium: 133.63mg (13.36%), Selenium: 8.75µg (12.5%), Vitamin B2: 0.21mg (12.09%), Manganese: 0.19mg (9.7%), Vitamin C: 6.52mg (7.91%), Potassium: 185.44mg (5.3%), Fiber: 1.2g (4.81%), Folate: 17.74µg (4.44%), Copper: 0.09mg (4.35%), Magnesium: 17.36mg (4.34%), Vitamin B5: 0.32mg (3.2%), Vitamin K: 3.2µg (3.04%), Zinc: 0.42mg (2.8%), Vitamin B12: 0.17µg (2.76%), Vitamin B1: 0.03mg (2.17%), Vitamin B6: 0.04mg (2.04%), Iron: 0.34mg (1.89%), Vitamin A: 89.5IU (1.79%), Vitamin E: 0.25mg (1.7%), Vitamin B3: 0.21mg (1.05%)