



Key Lime Coconut Angel Cake

READY IN



25 min.

SERVINGS



16

CALORIES



320 kcal

DESSERT

Ingredients

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

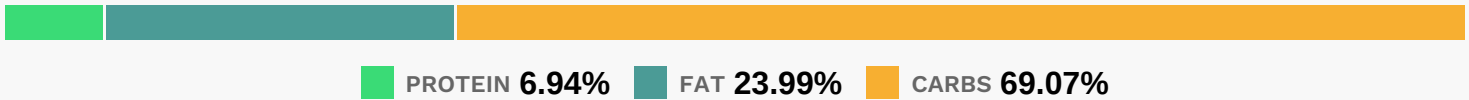
Equipment

- ☐ 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:13.51, Inflammation Score:-5, Nutrition Score:12.593478351831%

Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.06mg,

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 320.02kcal (16%), Fat: 8.85g (13.62%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 53.57g (19.48%), Sugar: 44.53g (49.48%), Cholesterol: 8.86mg (2.95%), Sodium: 287.08mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Vitamin C: 70.25mg (85.15%), Vitamin K: 37.58µg (35.79%), Phosphorus: 216.52mg (21.65%), Calcium: 163.4mg (16.34%), Fiber: 3.76g (15.04%), Manganese: 0.28mg (13.88%), Vitamin B2: 0.23mg (13.34%), Selenium: 8.92µg (12.74%), Potassium: 354.32mg (10.12%), Copper: 0.2mg (10.05%), Folate: 39.91µg (9.98%), Vitamin E: 1.36mg (9.09%), Magnesium: 30.99mg (7.75%), Vitamin B5: 0.48mg (4.76%), Vitamin B6: 0.09mg (4.64%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.54mg (3.6%), Vitamin A: 163.72IU (3.27%), Iron: 0.54mg (3.03%), Vitamin B12: 0.17µg (2.76%), Vitamin B3: 0.53mg (2.63%)