



Key Lime Filled Angel Food Cake

READY IN



30 min.

SERVINGS



10

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 18 oz round angel food cake – from 8 to store bought
- ☐ 0.5 cup butter softened cut into four pieces
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 1 cup heavy whipping cream
- ☐ 6 tablespoons bottled key lime juice
- ☐ 2 teaspoons lime zest grated
- ☐ 0.5 cup sugar divided
- ☐ 1 cup coconut or sweetened flaked lightly toasted

☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ serrated knife

Directions

- ☐ In the top of a double boiler, whisk together eggs, yolks, 1/2 cup of the sugar, lime juice and zest.
- ☐ Put the top part of the double boiler over simmering water and cook, whisking constantly and gradually adding pieces of butter until mixture reaches 160 degrees F. Strain. Taste it, and if it's not tart enough for you feel free to add some more zest. Put a small piece of parchment over the surface and let cool completely in the refrigerator. In a large bowl, beat cream until stiff peaks form. Beat in sugar and vanilla. Fold together whipped cream and lime mixture. Now it's time to build the cake. If you're using a loaf, you can split it into three layers, spread filling on two, stack and cover. If you are using a larger round cake (my store sells big round ones which are over a pound, you'll only use about 2/3 of the cake. With a serrated knife, cut the cake into three layers. To make a mold, line a 9 inch round springform or high sided pan with plastic wrap. Press a layer of cake into the bottom. You'll have an empty circle in the middle since the angel food cake was a ring. Carve a piece from one of the layers and put it in the empty space.
- ☐ Spread some lime filling over the bottom layer of angel cake.
- ☐ Add the second ring. Again, carve a piece out of the third and fill the gap. Invert the cake onto a large plate, peel away plastic, and cover with remaining lime mixture.
- ☐ Sprinkle toasted coconut over the whole cake and chill for about an hour or until ready to serve.

Nutrition Facts



 PROTEIN **5.87%**  FAT **49.01%**  CARBS **45.12%**

Properties

Glycemic Index:15.21, Glycemic Load:6.99, Inflammation Score:-4, Nutrition Score:5.8921739329462%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 398.9kcal (19.94%), Fat: 22.22g (34.19%), Saturated Fat: 14.21g (88.83%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 45.03g (16.37%), Sugar: 29.61g (32.9%), Cholesterol: 125.22mg (41.74%), Sodium: 380.53mg (16.54%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 5.99g (11.99%), Selenium: 15.05µg (21.5%), Phosphorus: 177.82mg (17.78%), Vitamin A: 741.22IU (14.82%), Vitamin B2: 0.21mg (12.35%), Calcium: 73.73mg (7.37%), Manganese: 0.12mg (6.05%), Vitamin D: 0.76µg (5.1%), Folate: 18.78µg (4.69%), Vitamin E: 0.7mg (4.67%), Potassium: 153.85mg (4.4%), Vitamin B5: 0.41mg (4.08%), Fiber: 0.99g (3.96%), Vitamin B12: 0.23µg (3.8%), Copper: 0.08mg (3.79%), Vitamin B1: 0.06mg (3.78%), Vitamin C: 2.96mg (3.59%), Magnesium: 12.45mg (3.11%), Iron: 0.56mg (3.09%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.32%), Vitamin K: 1.72µg (1.64%)