



Lamingtons

READY IN



175 min.

SERVINGS



16

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 2 cups dehydrated coconut shredded unsweetened reduced-fat finely
- ☐ 4 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 3.8 cups powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 2.5 ounces bittersweet chocolate chopped
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

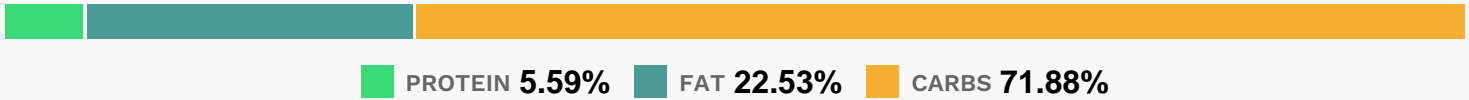
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch square metal baking pan with cooking spray; line bottom of pan with parchment paper, allowing parchment paper to extend over edge of pan.
- ☐ Beat egg whites with a mixer at high speed until foamy. Gradually add 6 tablespoons granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Place egg yolks and remaining 6 tablespoons granulated sugar in a medium bowl; beat with a mixer at medium-high speed until thick and pale (about 3 minutes). Beat in vanilla. Gently fold egg yolk mixture into egg white mixture.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.

- ☐ Combine flour, baking powder, and salt; sift mixture over egg mixture, 1/3 cup at a time; fold in. Spoon batter into prepared pan, spreading evenly.
- ☐ Bake at 350 for 15 to 20 minutes or until cake springs back when lightly touched. Cool in pan 5 minutes on a wire rack; remove cake from pan, using parchment paper sides as handles. Cool completely on a wire rack (with parchment paper in place). Wrap cake and parchment paper in plastic wrap; chill 2 hours.
- ☐ Remove plastic wrap from cake; place cake (with parchment paper in place) on a cutting board.
- ☐ Cut cake into 16 squares, using a serrated knife.
- ☐ Combine milk and chopped chocolate in a small saucepan; cook over medium heat 2 minutes or until chocolate melts.
- ☐ Remove from heat; stir with a whisk until smooth.
- ☐ Add powdered sugar and cocoa, stirring with a whisk until smooth.
- ☐ Place coconut in a medium bowl. Dip cake squares, 1 at a time, into melted chocolate mixture, using 2 forks to gently turn the cake to coat; scrape off excess chocolate on side of pan.
- ☐ Place chocolate-coated cake in coconut, using 2 forks to gently turn the cake to coat.
- ☐ Place lamingtons on wire rack; let stand 15 minutes or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:10.31, Inflammation Score:-1, Nutrition Score:4.4299999773502%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 263.23kcal (13.16%), Fat: 6.79g (10.44%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 46.63g (16.96%), Sugar: 39.81g (44.23%), Cholesterol: 46.95mg (15.65%), Sodium: 55.45mg (2.41%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 7.93mg (2.64%), Protein: 3.79g (7.58%), Manganese: 0.35mg (17.33%), Selenium: 9.24µg (13.2%), Copper: 0.19mg (9.48%), Fiber: 2.11g (8.42%), Phosphorus:

73.17mg (7.32%), Magnesium: 24.19mg (6.05%), Vitamin B2: 0.1mg (5.74%), Iron: 1mg (5.57%), Zinc: 0.57mg (3.78%), Potassium: 129.13mg (3.69%), Calcium: 33.26mg (3.33%), Folate: 12.78µg (3.19%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.15µg (2.51%), Vitamin B1: 0.03mg (1.82%), Vitamin B6: 0.03mg (1.55%), Vitamin D: 0.23µg (1.53%), Vitamin A: 73.69IU (1.47%), Vitamin E: 0.2mg (1.31%), Vitamin B3: 0.23mg (1.15%)