



## Layered Coconut Tres Leches Cake

READY IN



215 min.

SERVINGS



35

CALORIES



113 kcal

DESSERT

### Ingredients

- 0.5 cup blueberries fresh
- 1.5 tsp calumet baking powder
- 0.3 cup knudsen cream sour
- 0.5 tsp cream of tartar
- 5 eggs separated
- 0.3 cup baker's angel flake coconut toasted
- 1 cup flour
- 14 oz lite coconut milk canned
- 0.3 cup milk 2%

- 1 cup pineapple fresh coarsely chopped
- 1 cup sugar divided
- 14 oz condensed milk sweetened canned
- 0.5 tsp vanilla
- 2 cups cool whip whipped topping thawed

## Equipment

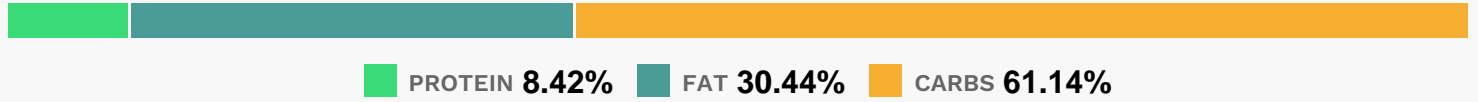
- bowl
- oven
- whisk
- blender
- toothpicks

## Directions

- Heat oven to 350F.
- Beat egg whites in medium bowl with mixer on high speed until soft peaks form, adding cream of tartar after 20 sec. Gradually add 1/4 cup sugar, beating until stiff peaks form.
- Beat egg yolks in large bowl with mixer on high speed until blended. Gradually beat in remaining sugar until thickened and lemon colored.
- Combine flour and baking powder; gradually add to egg yolk mixture alternately with 2% milk, beating well after each addition. Blend in vanilla. Gently stir in egg whites.
- Pour into 2 (9-inch) parchment-lined round pans sprayed with cooking spray.
- Bake 25 min. or until toothpick inserted in centers comes out clean. Cool cakes completely in pans. (Do not remove cakes from pans.) Pierce cakes with large fork at 1/4-inch intervals.
- Mix coconut milk, condensed milk and sour cream until blended.
- Pour 1/2 cup milk mixture into medium bowl.
- Add COOL WHIP; whisk just until blended. Set aside.
- Pour remaining coconut milk mixture slowly over cakes, using about 1-1/4 cups mixture for each cake layer.
- Toss fruit with 1 cup of the COOL WHIP mixture.

- Place 1 cake layer on rimmed serving plate; top with fruit mixture.
- Sprinkle with half the coconut; cover with second cake layer.
- Spread remaining COOL WHIP mixture over cake; sprinkle with remaining coconut. Refrigerate 1 hour.

## Nutrition Facts



### Properties

Glycemic Index:11.34, Glycemic Load:10.2, Inflammation Score:-1, Nutrition Score:2.7021738886833%

### Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 113.12kcal (5.66%), Fat: 3.85g (5.93%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 17.07g (6.21%), Sugar: 13.83g (15.36%), Cholesterol: 28.47mg (9.49%), Sodium: 60.67mg (2.64%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 2.4g (4.8%), Selenium: 5.23µg (7.47%), Vitamin B2: 0.11mg (6.39%), Phosphorus: 58.48mg (5.85%), Calcium: 57.27mg (5.73%), Manganese: 0.1mg (5.04%), Vitamin C: 2.78mg (3.38%), Vitamin B1: 0.05mg (3.19%), Folate: 12.13µg (3.03%), Potassium: 82.57mg (2.36%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.16%), Iron: 0.38mg (2.1%), Zinc: 0.26mg (1.73%), Vitamin A: 83.8IU (1.68%), Magnesium: 6.69mg (1.67%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.28mg (1.42%), Fiber: 0.35g (1.38%), Copper: 0.03mg (1.28%)