



Layered Coconut Tres Leches Cake

READY IN



215 min.

SERVINGS



16

CALORIES



247 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

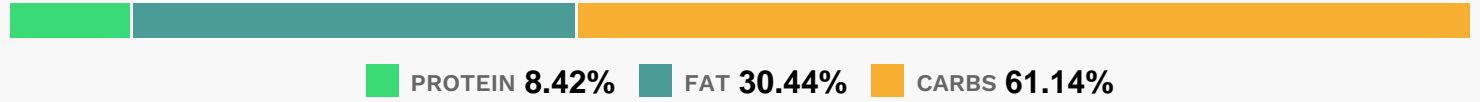
- bowl
- oven
- whisk
- blender
- toothpicks

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:24.8, Glycemic Load:22.32, Inflammation Score:-2, Nutrition Score:5.9104347902796%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 247.44kcal (12.37%), Fat: 8.43g (12.97%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 37.33g (13.58%), Sugar: 30.25g (33.61%), Cholesterol: 62.29mg (20.76%), Sodium: 132.71mg (5.77%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 5.24g (10.49%), Selenium: 11.44µg (16.34%), Vitamin B2: 0.24mg (13.98%), Phosphorus: 127.92mg (12.79%), Calcium: 125.28mg (12.53%), Manganese: 0.22mg (11.02%), Vitamin C: 6.09mg (7.38%), Vitamin B1: 0.1mg (6.97%), Folate: 26.52µg (6.63%), Potassium: 180.63mg (5.16%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.28µg (4.73%), Iron: 0.83mg (4.59%), Zinc: 0.57mg (3.78%), Vitamin A: 183.3IU (3.67%), Magnesium: 14.63mg (3.66%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.76g (3.02%), Copper: 0.06mg (2.8%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.29mg (1.91%), Vitamin K: 1.55µg (1.47%)