



Lemon-Coconut Cake

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 4 large eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 sprigs rosemary fresh
- ☐ 2 cups sugar
- ☐ 2 cups coconut sweetened flaked

☐ 1 teaspoon vanilla extract

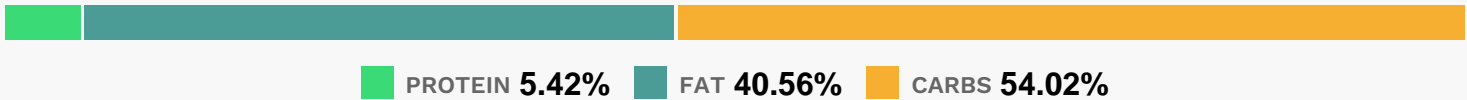
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Combine flour and baking powder; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
- ☐ Beat egg whites at high speed with electric mixer until stiff peaks form; fold one-third of egg whites into batter. Gently fold in remaining beaten egg whites just until blended. Spoon batter into 3 greased and floured 9-inch round cake pans.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Spread Lemon Filling between layers.
- ☐ Spread Cream Cheese Frosting on top and sides of cake.
- ☐ Sprinkle top and sides with coconut.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:41.14, Inflammation Score:-5, Nutrition Score:8.7569565466079%

Nutrients (% of daily need)

Calories: 479.87kcal (23.99%), Fat: 21.96g (33.78%), Saturated Fat: 14.41g (90.08%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 63.54g (23.11%), Sugar: 39.66g (44.06%), Cholesterol: 105.11mg (35.04%), Sodium: 300.39mg (13.06%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 6.6g (13.2%), Selenium: 18.77µg

(26.81%), Manganese: 0.36mg (17.84%), Vitamin B1: 0.27mg (17.77%), Folate: 66.04µg (16.51%), Vitamin B2: 0.27mg (16.11%), Phosphorus: 127.93mg (12.79%), Vitamin A: 595.93IU (11.92%), Iron: 2.09mg (11.61%), Calcium: 104.37mg (10.44%), Vitamin B3: 1.99mg (9.94%), Fiber: 2.25g (9.01%), Vitamin B5: 0.51mg (5.09%), Copper: 0.1mg (5.09%), Vitamin B12: 0.29µg (4.84%), Magnesium: 19.25mg (4.81%), Vitamin E: 0.64mg (4.29%), Zinc: 0.64mg (4.26%), Potassium: 144.06mg (4.12%), Vitamin D: 0.56µg (3.71%), Vitamin B6: 0.06mg (2.98%), Vitamin K: 1.53µg (1.46%)