

Lite Coconut Cake

READY IN



90 min.

SERVINGS



8

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 2 cups coconut or flaked
- ☐ 8 ounce cup heavy whipping cream fat free sour
- ☐ 1.5 cups lite whipped topping frozen
- ☐ 18.3 ounce duncan hines classic decadent cake mix white
- ☐ 1 cup sugar white

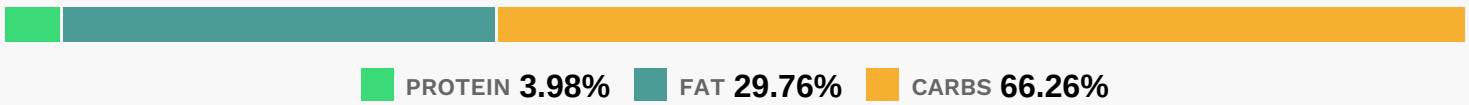
Equipment

- ☐ oven

Directions

- ☐ Prepare cake mix according to directions, using a 2 egg carton of egg substitute if desired.
- ☐ Bake in two 9 inch round layers; split layers horizontally when cool to make 4 layers.
- ☐ Blend together sugar, sour cream and coconut and chill.
- ☐ Spread all but 1 cup of this mixture between the layers. Blend the remaining cup of mixture with the whipped topping and spread on the top and sides of the cake. Seal cake in airtight container and refrigerate for at least one to three days before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:9.7565217484599%

Nutrients (% of daily need)

Calories: 529.56kcal (26.48%), Fat: 18.02g (27.72%), Saturated Fat: 15.01g (93.81%), Carbohydrates: 90.27g (30.09%), Net Carbohydrates: 86.1g (31.31%), Sugar: 57.16g (63.51%), Cholesterol: 2.83mg (0.94%), Sodium: 506.39mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Manganese: 0.72mg (35.84%), Phosphorus: 299.06mg (29.91%), Calcium: 192.83mg (19.28%), Fiber: 4.18g (16.7%), Selenium: 11.48µg (16.4%), Vitamin B2: 0.22mg (13.03%), Folate: 50.72µg (12.68%), Copper: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.15%), Iron: 1.99mg (11.07%), Vitamin B3: 1.71mg (8.53%), Magnesium: 30.06mg (7.51%), Potassium: 206.76mg (5.91%), Zinc: 0.88mg (5.89%), Vitamin E: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.36mg (3.6%), Vitamin K: 2.26µg (2.15%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 82.7IU (1.65%)