



Lucky 7 Coconut-Lemon Cake

READY IN



45 min.

SERVINGS



10

CALORIES



616 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 10 servings seven-minute icing
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup lemon lime drink soft
- ☐ 1 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 2 cups sugar
- ☐ 1 cup coconut or sweetened flaked
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ oven
- ☐ hand mixer
- ☐ wax paper

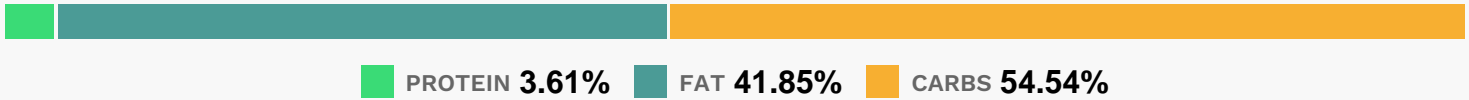
Directions

- ☐ Coat 3 (8-inch) round cakepans with cooking spray; line with wax paper. Set prepared pans aside.
- ☐ Beat butter and shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt.
- ☐ Combine buttermilk and next
- ☐ ingredients.
- ☐ Add flour mixture to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Spoon batter into prepared pans.
- ☐ Bake at 350 for 24 minutes or until a wooden pick inserted in center comes out clean. (
- ☐ Layers will be thin, about 1 1/4 inch thick.) Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Slice cake layers in half horizontally to make 6 layers.
- ☐ Place 1 cake layer, cut side up, on a cake plate.
- ☐ Spread with 1/3 cup Clear Lemon Filling.
- ☐ Place a second cake layer, cut side down, on top of filling; spread with 1 cup Seven-Minute Icing. Repeat procedure with remaining 4 layers, ending with icing on top. Frost sides of cake

with remaining icing; sprinkle with 1 cup coconut.

- ☐ Note: For testing purposes only, we used 7-UP lemon lime soft drink.
- ☐ Add the soft drink to buttermilk just before using in recipe so it doesn't go flat.

Nutrition Facts



Properties

Glycemic Index:36.11, Glycemic Load:50.47, Inflammation Score:-4, Nutrition Score:8.320869528729%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 615.61kcal (30.78%), Fat: 28.98g (44.58%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 84.98g (28.33%), Net Carbohydrates: 83.44g (30.34%), Sugar: 62.87g (69.86%), Cholesterol: 82.84mg (27.61%), Sodium: 514.61mg (22.37%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 5.63g (11.27%), Selenium: 15.73µg (22.47%), Vitamin B2: 0.33mg (19.55%), Vitamin B1: 0.22mg (14.78%), Folate: 58.06µg (14.51%), Manganese: 0.26mg (13.1%), Phosphorus: 111.43mg (11.14%), Vitamin E: 1.52mg (10.12%), Iron: 1.73mg (9.61%), Vitamin K: 10.08µg (9.6%), Calcium: 92.48mg (9.25%), Vitamin B3: 1.64mg (8.22%), Vitamin A: 404.6IU (8.09%), Fiber: 1.54g (6.15%), Vitamin B5: 0.55mg (5.48%), Vitamin B12: 0.26µg (4.39%), Copper: 0.08mg (4.12%), Vitamin D: 0.61µg (4.08%), Magnesium: 15.28mg (3.82%), Potassium: 131.31mg (3.75%), Zinc: 0.56mg (3.73%), Vitamin C: 2.36mg (2.86%), Vitamin B6: 0.05mg (2.56%)