



Mocha Coconut Cake With Mocha Frosting

READY IN



42 min.

SERVINGS



15

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 15 servings garnish: chocolate shavings
- ☐ 0.5 teaspoon coconut extract
- ☐ 1 cup coconut milk
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup strong coffee decoction brewed

- ☐ 1 tablespoon strong coffee decoction brewed
- ☐ 2 cups sugar
- ☐ 0.8 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 4 cups chocolate morsels white
- ☐ 0.5 cup coffee yogurt low-fat

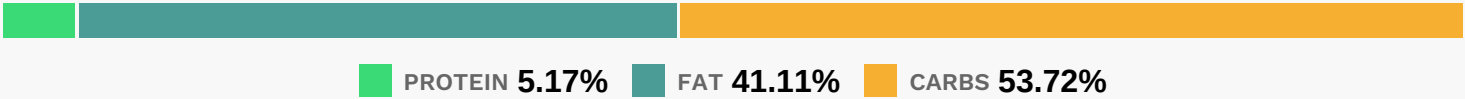
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Stir together first 6 ingredients in a large bowl. Stir together 1 cup coffee, coconut milk, oil, flavorings, and eggs; add to dry ingredients. Beat at medium speed with an electric mixer until blended.
- ☐ Pour batter into 2 greased and floured 9-inch round cakepans.
- ☐ Bake at 350 for 20 to 25 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 on wire racks.
- ☐ Microwave white chocolate morsels in a large glass bowl at HIGH 1 1/2 minutes or until melted, stirring twice.
- ☐ Add yogurt and 1 tablespoon coffee. Beat at medium speed 30 seconds or until spreading consistency.
- ☐ Spread frosting between layers and on top and sides of cake.
- ☐ Garnish, if desired. Store in refrigerator.
- ☐ Bake layers on the center oven rack, and stagger pans for even baking, being careful not to let pan sides touch. Make sure to use unsweetened coconut milk and not cream of coconut.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:48.19, Inflammation Score:-3, Nutrition Score:9.0891303834708%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 515.13kcal (25.76%), Fat: 24.38g (37.51%), Saturated Fat: 13.69g (85.56%), Carbohydrates: 71.67g (23.89%), Net Carbohydrates: 69.45g (25.26%), Sugar: 55.86g (62.07%), Cholesterol: 36mg (12%), Sodium: 273.29mg (11.88%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Caffeine: 17.46mg (5.82%), Protein: 6.89g (13.78%), Manganese: 0.42mg (20.97%), Phosphorus: 178.43mg (17.84%), Vitamin B2: 0.29mg (16.98%), Selenium: 10.9µg (15.57%), Calcium: 136.8mg (13.68%), Copper: 0.27mg (13.49%), Iron: 2.21mg (12.3%), Vitamin B1: 0.18mg (11.7%), Vitamin K: 11.33µg (10.79%), Magnesium: 41.97mg (10.49%), Folate: 41.39µg (10.35%), Fiber: 2.22g (8.87%), Potassium: 290.41mg (8.3%), Vitamin B3: 1.58mg (7.92%), Zinc: 1.02mg (6.77%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.85mg (5.7%), Vitamin B6: 0.06mg (2.9%), Vitamin A: 58.99IU (1.18%)