



Nanny's Famous Coconut-Pineapple Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



792 kcal

DESSERT

Ingredients

- 1.5 cups butter softened
- 3 cups cake flour sifted
- 6 ounce coconut flakes frozen thawed flaked
- 5 large eggs
- 1 teaspoon lemon extract
- 0.5 cup lemon lime soda soft
- 10 servings mint leaves fresh
- 15.3 ounce pineapple rings crushed undrained canned

- 3 cups sugar
- 1 teaspoon vanilla extract

Equipment

- oven
- hand mixer
- wax paper

Directions

- Grease bottom and sides of 3 (9-inch) round cakepans; line bottoms with wax paper. Grease and flour wax paper.
- Drain pineapple, reserving 3/4 cup juice.
- Remove 1/4 cup reserved juice for Cream Cheese Frosting, and reserve crushed pineapple for Pineapple Filling.
- Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- Add eggs, 1 at a time, beating until blended after each addition.
- Combine 1/2 cup reserved pineapple juice and soft drink.
- Add flour to butter mixture alternately with juice mixture, beginning and ending with flour. Beat at low speed until blended after each addition. Stir in extracts.
- Pour into prepared cakepans.
- Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean.
- Remove from pans immediately; cool on wire racks.
- Spread 3/4 cup Pineapple Filling between cake layers and remaining filling on top of cake.
- Spread Cream Cheese Frosting on sides of cake; pipe border around top, if desired.
- Sprinkle with coconut.
- Garnish, if desired.
- *For lemon-lime soft drink, we used 7-Up. Its specific level of carbonation makes the layers rise beautifully.

Nutrition Facts

PROTEIN 4.63% FAT 46.22% CARBS 49.15%

Properties

Glycemic Index:13.71, Glycemic Load:59.51, Inflammation Score:-7, Nutrition Score:10.963913098626%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 791.84kcal (39.59%), Fat: 41.64g (64.06%), Saturated Fat: 16.3g (101.87%), Carbohydrates: 99.62g (33.21%), Net Carbohydrates: 95.31g (34.66%), Sugar: 68.76g (76.4%), Cholesterol: 93mg (31%), Sodium: 366.19mg (15.92%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 9.39g (18.78%), Manganese: 0.79mg (39.3%), Selenium: 26.24µg (37.49%), Vitamin A: 1417.81IU (28.36%), Fiber: 4.31g (17.26%), Copper: 0.28mg (13.78%), Phosphorus: 132.53mg (13.25%), Vitamin B2: 0.19mg (11.17%), Vitamin E: 1.55mg (10.34%), Magnesium: 36.16mg (9.04%), Iron: 1.54mg (8.58%), Folate: 29.3µg (7.32%), Vitamin B6: 0.14mg (7.21%), Vitamin B5: 0.72mg (7.16%), Zinc: 1.05mg (6.97%), Potassium: 239.87mg (6.85%), Vitamin B1: 0.1mg (6.57%), Vitamin C: 4.71mg (5.7%), Calcium: 44.49mg (4.45%), Vitamin B12: 0.26µg (4.28%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.65mg (3.24%)