



Piña Colada Cake

READY IN



45 min.

SERVINGS



20

CALORIES



332 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 6 tablespoons butter softened
- 2 cups coconut or flaked toasted
- 0.3 cup cream of coconut
- 1 tablespoon rum dark
- 2 egg whites
- 4 eggs separated
- 1.5 cups flour all-purpose
- 2 tablespoons rum light

- 0.3 cup pineapple crushed drained
- 0.3 cup pineapple juice
- 16 ounce powdered sugar
- 0.1 teaspoon salt
- 1 slices garnishes: strawberries fresh red
- 1.5 cups sugar divided
- 2 teaspoons vanilla extract divided
- 0.5 cup vegetable oil
- 0.5 cup water
- 0.3 cup whipping cream

Equipment

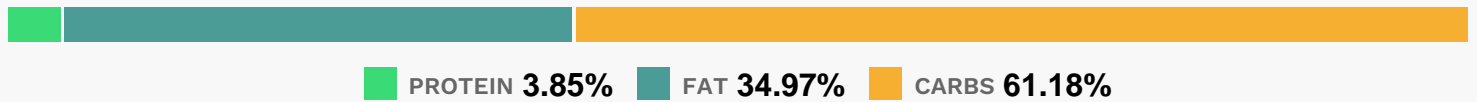
- bowl
- oven
- whisk
- hand mixer
- wax paper

Directions

- Beat 6 egg whites at high speed with an electric mixer until foamy.
- Add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- Whisk together 4 egg yolks, oil, 1/2 cup water, and 1 teaspoon vanilla; set aside.
- Stir together remaining 1 cup sugar, flour, baking powder, and salt in a large bowl. Fold in egg yolk mixture until blended; fold in egg white mixture.
- Pour batter into 2 lightly greased wax paper-lined 9-inch round cake pans.
- Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, cool on wire racks.
- Stir together pineapple juice, cream of coconut, and light rum; brush over cake layers.

- Beat butter at medium speed with an electric mixer until creamy. Gradually beat in powdered sugar and whipping cream until smooth. Stir in remaining 1 teaspoon vanilla.
- Remove 1/2 cup frosting; reserve remaining frosting.
- Stir pineapple into 1/2 cup frosting.
- Spread pineapple frosting between layers.
- Stir dark rum into remaining frosting; reserve 1/2 cup rum frosting.
- Spread remaining rum frosting on top and sides of cake. Press coconut onto top and sides of cake.
- Spoon reserved 1/2 cup rum frosting into a decorator bag with a star tip; pipe around top edge.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:16.16, Inflammation Score:-3, Nutrition Score:5.1065217360206%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.06mg, Pelargonidin: 2.06mg, Pelargonidin: 2.06mg, Pelargonidin: 2.06mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 332.35kcal (16.62%), Fat: 13.02g (20.03%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 49.28g (17.92%), Sugar: 41.61g (46.23%), Cholesterol: 37.22mg (12.41%), Sodium: 142.6mg (6.2%), Alcohol: 0.89g (100%), Alcohol %: 1.04% (100%), Protein: 3.22g (6.44%), Manganese: 0.35mg (17.5%), Selenium: 8.45µg (12.07%), Fiber: 1.97g (7.89%), Vitamin B2: 0.13mg (7.52%), Vitamin C: 5.61mg (6.8%), Phosphorus:

64.47mg (6.45%), Folate: 25.05µg (6.26%), Vitamin B1: 0.09mg (6.03%), Iron: 1.02mg (5.66%), Vitamin A: 258.69IU (5.17%), Copper: 0.1mg (5.11%), Calcium: 50.68mg (5.07%), Magnesium: 13.65mg (3.41%), Vitamin B3: 0.67mg (3.33%), Potassium: 100.47mg (2.87%), Vitamin E: 0.42mg (2.78%), Vitamin B6: 0.06mg (2.78%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.38mg (2.56%), Vitamin K: 2.42µg (2.31%), Vitamin D: 0.24µg (1.6%), Vitamin B12: 0.09µg (1.53%)