



WHATSheATE



Piña Colada Ice Cream Cake

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 0.5 cup pineapple canned crushed drained
- ☐ 2 large eggs
- ☐ 0.5 cup heavy cream
- ☐ 1 pint coconut ice cream softened
- ☐ 0.3 cup golden rum
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 0.3 pound butter unsalted softened (1 stick)

Equipment

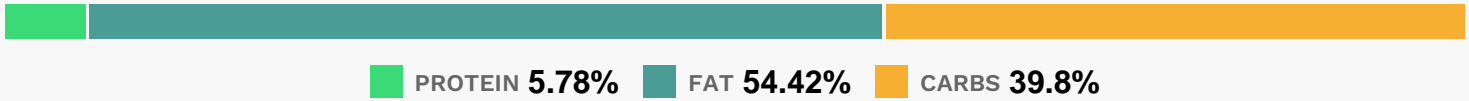
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350F. Butter a 4-by-8-inch loaf pan, line bottom with parchment paper and butter parchment; dust with flour.
- ☐ In a small bowl, stir together eggs, 2 Tbsp. cream and 1 Tbsp. rum. Sift flour, 1/2 cup sugar, baking powder and salt into a large bowl.
- ☐ Add butter and half of egg mixture and beat with an electric mixer until well-blended, 1 minute, scraping down sides of bowl as needed.
- ☐ Add remaining egg mixture and beat well. Fold in coconut. Scrape batter into pan and bake until cake is light golden and a toothpick inserted in center comes out clean, about 45 minutes.
- ☐ Let cool for 10 minutes, then unmold, remove parchment and cool completely on a wire rack.
- ☐ Wash and dry loaf pan and line completely with plastic wrap. Using a serrated knife, cut cake horizontally into 3 equal layers.
- ☐ Brush 2 Tbsp. rum evenly over cut sides of cake.

- ☐
- Place bottom third in loaf pan. In a bowl, beat remaining 6 Tbsp. cream with remaining 1 Tbsp. sugar until stiff peaks form. In a small bowl, stir together pineapple and remaining 1 Tbsp. rum. Fold pineapple mixture into cream.
- ☐
- Spread ice cream evenly over cake in pan. Top with middle cake layer, then spread with pineapple-cream mixture. Top with remaining cake layer. Cover with plastic wrap and freeze until firm, at least 8 hours or up to 2 days.
- ☐
- Remove from freezer 15 minutes before serving. Unmold and peel away plastic wrap.
- ☐
- Cut into 1-inch slices with a hot knife, and serve.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:32.52, Inflammation Score:-6, Nutrition Score:9.0308695150458%

Nutrients (% of daily need)

Calories: 596.8kcal (29.84%), Fat: 35.15g (54.08%), Saturated Fat: 22.07g (137.93%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 55.84g (20.3%), Sugar: 39.49g (43.87%), Cholesterol: 159.75mg (53.25%), Sodium: 247.49mg (10.76%), Alcohol: 3.34g (100%), Alcohol %: 2.02% (100%), Protein: 8.4g (16.8%), Selenium: 16.91µg (24.16%), Vitamin A: 1196.14IU (23.92%), Vitamin B2: 0.33mg (19.44%), Phosphorus: 168.22mg (16.82%), Calcium: 154.78mg (15.48%), Manganese: 0.25mg (12.38%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.52µg (8.66%), Fiber: 2.01g (8.04%), Potassium: 274.79mg (7.85%), Vitamin E: 1.12mg (7.47%), Vitamin D: 1.09µg (7.28%), Zinc: 1.08mg (7.18%), Magnesium: 26.68mg (6.67%), Copper: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.49%), Folate: 21.21µg (5.3%), Vitamin B6: 0.1mg (4.92%), Iron: 0.79mg (4.37%), Vitamin C: 2.45mg (2.96%), Vitamin K: 2.44µg (2.33%), Vitamin B3: 0.44mg (2.2%)