



Pineapple-Coconut Coffee Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



853 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 0.5 cup butter softened
- 2 large eggs
- 2.5 cups flour all-purpose
- 1 cup granulated sugar
- 1.3 cups pecans divided toasted chopped

- 40 ounce dole pineapple divided crushed canned
- 2 cups powdered sugar
- 0.3 teaspoon salt
- 0.3 cup coconut or sweetened flaked
- 3.5 ounce coconut or sweetened flaked canned
- 1 teaspoon vanilla extract

Equipment

- oven
- hand mixer

Directions

- Drain pineapple, reserving 2 tablespoons juice; set pineapple and reserved juice aside.
- Beat butter at medium speed with an electric mixer until creamy; gradually add granulated sugar and brown sugar, beating well.
- Add eggs, one at a time, beating after each addition.
- Combine flour and next 3 ingredients; gradually add to butter mixture, beating well. Stir in 1 1/2 cups drained pineapple, 3 1/2-ounce can coconut, 1 cup pecans, and vanilla.
- Spoon batter into 2 greased and floured 8-inch round cakepans.
- Bake at 350 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- Stir together powdered sugar, remaining pineapple, reserved juice, remaining chopped pecans, and 1/4 cup coconut.
- Spread evenly over cakes.
- Broil 5 1/2 inches from heat 3 to 5 minutes or until lightly browned and bubbly. Cool completely in pans on wire racks.

Nutrition Facts



PROTEIN 3.88% FAT 30.43% CARBS 65.69%

Properties

Glycemic Index:30.89, Glycemic Load:39.22, Inflammation Score:-7, Nutrition Score:16.156956413518%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg

Nutrients (% of daily need)

Calories: 852.63kcal (42.63%), Fat: 29.71g (45.7%), Saturated Fat: 7.86g (49.13%), Carbohydrates: 144.27g (48.09%), Net Carbohydrates: 138.25g (50.27%), Sugar: 107.61g (119.57%), Cholesterol: 46.5mg (15.5%), Sodium: 467.72mg (20.34%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 8.53g (17.05%), Manganese: 1.2mg (60.1%), Vitamin B1: 0.57mg (38.16%), Selenium: 21.38µg (30.54%), Copper: 0.48mg (24.15%), Fiber: 6.02g (24.1%), Folate: 89.06µg (22.27%), Vitamin B2: 0.32mg (18.85%), Iron: 3.37mg (18.71%), Vitamin C: 13.54mg (16.41%), Magnesium: 62.74mg (15.69%), Phosphorus: 154.44mg (15.44%), Vitamin B3: 3.06mg (15.29%), Vitamin A: 655.4IU (13.11%), Potassium: 403.49mg (11.53%), Calcium: 106.23mg (10.62%), Vitamin B6: 0.2mg (9.89%), Zinc: 1.47mg (9.8%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.86mg (5.74%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.74µg (1.66%)