

Punchbowl Cake

 Vegetarian

READY IN

ready

120 min.

SERVINGS

servings

15

CALORIES

calories

531 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 medium bananas sliced
- ☐ 1 cup butter softened plus more for pan
- ☐ 1 cup buttermilk whole
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 0.3 teaspoon coconut extract
- ☐ 5 large eggs

- ☐ 3 cups flour all-purpose plus more for pan
- ☐ 1 cup heavy whipping cream
- ☐ 3.4 ounce cream of coconut pudding mix instant
- ☐ 1 teaspoon lemon zest
- ☐ 1 teaspoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 1 pints strawberries
- ☐ 2 tablespoons sugar
- ☐ 3 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

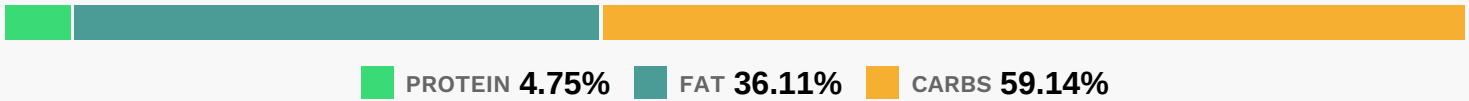
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Prepare the pudding mix according to package directions.
- ☐ Remove half the strawberries from the pint container and mash. Reserve 2 whole strawberries for garnish and slice the remaining whole strawberries. Toss together the strawberry slices with the mashed strawberries.
- ☐ With a blender, whip together the heavy whipping cream and sugar until you get soft peaks. Set aside.
- ☐ In a large trifle bowl, arrange half the pound cake pieces on the bottom.
- ☐ Place some of the strawberries around the edge of bowl on top of the pound cake pieces.
- ☐ Spoon the prepared pudding over the pound cake pieces in the trifle bowl.
- ☐ Layer with pineapple, bananas, the remaining half of the pound cake pieces and the remaining strawberries. Top with the whipped cream.

- ☐ Garnish with the 2 reserved whole strawberries.
- ☐ Preheat the oven to 325 degrees F. Grease and flour a 12 to 15-cup tube pan.
- ☐ In a large bowl, beat the butter at medium speed with a mixer until creamy, about 2 minutes.
- ☐ Add the sugar and beat until fluffy, about 5 minutes.
- ☐ Add the eggs one at a time, beating well after each addition.
- ☐ In a medium bowl, combine the flour, baking powder and salt. Gradually add to the butter mixture alternately with the buttermilk, beginning and ending with the flour mixture, beating just until combined after each addition. Stir in the extracts and zest.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake until a long wooden pick inserted in center comes out clean, about 1 hour and 15 minutes.
- ☐ Let cool in the pan on a wire rack for 10 minutes.
- ☐ Remove from the pan, and cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.2, Glycemic Load:46.52, Inflammation Score:-6, Nutrition Score:10.725652145303%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 530.57kcal (26.53%), Fat: 21.78g (33.51%), Saturated Fat: 13.29g (83.07%), Carbohydrates: 80.27g (26.76%), Net Carbohydrates: 77.62g (28.23%), Sugar: 57.05g (63.39%), Cholesterol: 114.23mg (38.08%), Sodium: 228.32mg (9.93%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 6.44g (12.88%), Vitamin C: 24.6mg (29.82%), Selenium: 15.58µg (22.25%), Manganese: 0.36mg (18.21%), Vitamin B1: 0.27mg (17.87%), Vitamin B2: 0.3mg (17.81%), Folate: 69.71µg (17.43%), Vitamin A: 766.24IU (15.32%), Phosphorus: 110.68mg (11.07%), Fiber: 2.65g (10.62%), Iron: 1.84mg (10.22%), Vitamin B3: 1.91mg (9.54%), Vitamin B6: 0.18mg (9.07%), Calcium: 82.25mg (8.22%), Potassium: 271.71mg (7.76%), Magnesium: 26.86mg (6.72%), Copper: 0.13mg (6.56%), Vitamin B5: 0.6mg (6.02%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.8µg (5.3%), Vitamin B12: 0.27µg (4.55%), Zinc: 0.63mg (4.17%), Vitamin K: 2.82µg (2.68%)