



## Small Coconut Layer Cake

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

### Ingredients

- ☐ 6.8 oz all purpose flour \*\* — spoon and sweep
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup coconut or flaked
- ☐ 1 cup coconut flakes — optional sweetened
- ☐ 0.5 cup coconut milk (not lite) (Taste of Thai or Thai Kitchen)
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 2 large eggs

- ☐ 1.5 cups granulated sugar
- ☐ 1 tablespoons milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 tablespoons butter unsalted
- ☐ 1.5 teaspoons vanilla
- ☐ 1 teaspoon vanilla extract

## Equipment

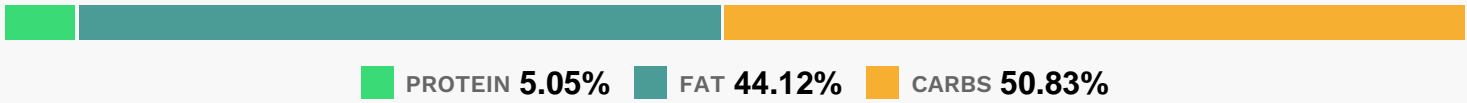
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour two 8 inch round metal cake pans. Sift flour, baking powder and salt together 2 or 3 times. Set aside. Beat butter and sugar together in a mixing bowl. When light and fluffy, beat in eggs, one at a time, beating 30 seconds after each egg. Beat in vanilla. Stir the flour mixture and coconut milk into the batter in three parts, alternating between flour and coconut milk. Do this with lowest speed of mixer or preferably, a mixing spoon. Divide the batter evenly between the two cake pans and bake for 22-24 minutes or until toothpick inserted comes out clean. Cool in pan for 10 minutes, then flip onto a rack and cool completely. While cakes cook and cool, prepare filling.
- ☐ Mix together sugar, sour cream, coconut and milk. Keep chilled until ready to use. Make the 7-Minute Icing.
- ☐ Combine sugar, cream of tartar or corn syrup, salt, water, and egg whites in the top of a double boiler. Beat with a hand-held electric mixer for 1 minute.

Place pan over boiling water, being sure that boiling water does not touch the bottom of the top pan. Beat constantly on high speed with electric mixer for 7 minutes. Beat in vanilla. Stir in the coconut if using.

## Nutrition Facts



## Properties

Glycemic Index:41.76, Glycemic Load:40.15, Inflammation Score:-4, Nutrition Score:8.5299999467705%

## Nutrients (% of daily need)

Calories: 493.64kcal (24.68%), Fat: 24.65g (37.93%), Saturated Fat: 17.01g (106.29%), Carbohydrates: 63.9g (21.3%), Net Carbohydrates: 61.62g (22.41%), Sugar: 42.48g (47.2%), Cholesterol: 87.2mg (29.07%), Sodium: 228mg (9.91%), Alcohol: 0.43g (100%), Alcohol %: 0.38% (100%), Protein: 6.35g (12.7%), Selenium: 16.98µg (24.25%), Manganese: 0.48mg (24.17%), Vitamin B2: 0.26mg (15.19%), Vitamin B1: 0.21mg (13.69%), Folate: 54.28µg (13.57%), Iron: 2.25mg (12.51%), Phosphorus: 123.6mg (12.36%), Vitamin A: 534.48IU (10.69%), Calcium: 101.59mg (10.16%), Fiber: 2.28g (9.13%), Vitamin B3: 1.65mg (8.26%), Copper: 0.15mg (7.28%), Magnesium: 25.12mg (6.28%), Potassium: 191.71mg (5.48%), Vitamin B5: 0.45mg (4.47%), Zinc: 0.63mg (4.19%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.49µg (3.27%), Vitamin B12: 0.18µg (2.93%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 1.38µg (1.31%)