



Strawberry Tropics Cake

READY IN



120 min.

SERVINGS



12

CALORIES



386 kcal

DESSERT

Ingredients

- 0.3 cup coconut flakes flaked
- 12 servings coconut or fresh flaked
- 3 eggs
- 2 teaspoons orange zest grated
- 8 oz pineapple rings crushed drained well canned
- 1 box betty delights super strawberry cake mix
- 1 container vanilla frosting white
- 0.3 vegetable oil
- 0.5 cup water

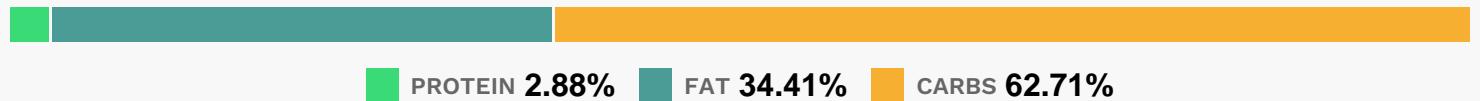
Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, reserved pineapple juice, water, oil and eggs on low speed 2 minutes, scraping bowl occasionally (do not overbeat); stir in 2 teaspoons orange peel.
- Pour into pan.
- Bake as directed on box for 13x9-inch pan. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour.
- In medium bowl, stir together frosting, pineapple, 1/4 cup coconut and 2 teaspoons orange peel.
- Spread frosting mixture over top of cake.
- Garnish with additional coconut and strawberries. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:11.3, Inflammation Score:-1, Nutrition Score:4.6734782716502%

Nutrients (% of daily need)

Calories: 386.35kcal (19.32%), Fat: 14.75g (22.7%), Saturated Fat: 6.73g (42.06%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 59.01g (21.46%), Sugar: 45.36g (50.4%), Cholesterol: 40.92mg (13.64%), Sodium: 332.59mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin B2: 0.23mg (13.66%), Manganese: 0.2mg (10.08%), Vitamin B1: 0.14mg (9.09%), Calcium: 79.99mg (8%), Selenium: 4.83µg (6.9%), Iron: 1.21mg (6.74%), Fiber: 1.47g (5.88%), Vitamin K: 5.25µg (5%), Vitamin E: 0.74mg (4.95%), Phosphorus: 45.05mg

(4.51%), Vitamin B3: 0.88mg (4.42%), Copper: 0.09mg (4.38%), Folate: 17.08µg (4.27%), Vitamin C: 2.59mg (3.14%), Potassium: 97.63mg (2.79%), Magnesium: 9.51mg (2.38%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.34mg (2.23%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 70.25IU (1.4%)