



## Sybil Hancock's Upside Down Coconut Cake

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups cake flour sifted
- ☐ 1 large eggs
- ☐ 0.5 cup brown sugar light
- ☐ 0.3 teaspoon salt
- ☐ 1 cup heavy whipping cream light sour room temperature
- ☐ 1 cup coconut or shredded sweetened flaked
- ☐ 2 tablespoons butter unsalted softened

☐ 1 teaspoon vanilla

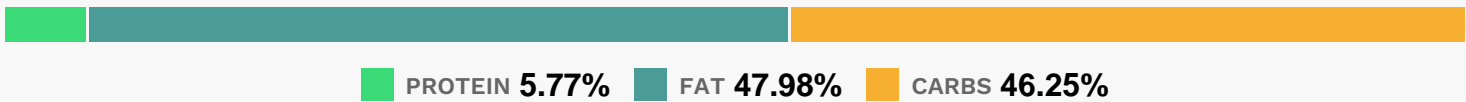
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ toothpicks
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 325 degrees F. Line an 8 inch metal cake pan with nonstick foil.In a large mixing bowl, stir together the brown sugar and egg.Dissolve the baking soda in the sour cream, then add that to the egg mixture. Beat with a hand-held mixer until well mixed. Beat in the salt and vanilla.Sift together the flour and baking powder, then add to the batter in three parts, stirring until incorporated.In a separate bowl, stir together the butter and brown sugar until thoroughly mixed, then add the coconut and stir until evenly incorporated.
- ☐ Spread the coconut mixture over the bottom of the pan.
- ☐ Pour the batter over the coconut, spreading gently to the edges.
- ☐ Bake at 325F for 40 minutes or until cake is brown, set, and a toothpick inserted in the center comes out clean.
- ☐ Let cake cool completely, then carefully invert onto a serving tray. Peel away the foil.
- ☐ Serve with berries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:11.14, Inflammation Score:-2, Nutrition Score:5.1617390928061%

Nutrients (% of daily need)

Calories: 316.19kcal (15.81%), Fat: 17.05g (26.23%), Saturated Fat: 11.37g (71.05%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 35.91g (13.06%), Sugar: 18.39g (20.43%), Cholesterol: 63.94mg (21.31%), Sodium: 315.73mg (13.73%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.61g (9.23%), Manganese: 0.48mg (23.82%), Selenium: 13.45µg (19.22%), Vitamin A: 424.32IU (8.49%), Phosphorus: 77.75mg (7.77%), Calcium: 71.05mg (7.1%), Vitamin B2: 0.08mg (4.93%), Copper: 0.09mg (4.6%), Fiber: 1.07g (4.28%), Magnesium: 15.83mg (3.96%), Iron: 0.7mg (3.89%), Vitamin B5: 0.38mg (3.79%), Zinc: 0.57mg (3.78%), Vitamin E: 0.55mg (3.65%), Potassium: 118.94mg (3.4%), Folate: 13.01µg (3.25%), Vitamin B6: 0.06mg (3.2%), Vitamin D: 0.36µg (2.38%), Vitamin B1: 0.03mg (2.14%), Vitamin B12: 0.12µg (2.02%), Vitamin B3: 0.32mg (1.62%), Vitamin K: 1.17µg (1.12%)