



Tapioca Cake

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



819 kcal

DESSERT

Ingredients

- 2 cups blueberries frozen
- 12 servings blueberries fresh
- 0.3 blueberry jelly
- 0.3 cup canola oil
- 0.5 cup coconut or shredded
- 1.5 cups coconut or shredded
- 1 teaspoon coconut extract
- 2 teaspoons coconut extract

- 1 tablespoon cornstarch
- 1.3 cups 1/4 cup dried cranberry (juice sweetened if possible) white
- 3 eggs
- 36 ounce fluffy frosting white canned (recommended: Betty Crocker)
- 14 ounce coconut milk light canned (recommended: Thai Kitchen)
- 0.5 orange zest
- 3 ounce cool n' serve tapioca pudding (recommended: Jell-O)
- 18.3 ounce vanilla cake donut holes (recommended: Betty Crocker)
- 0.3 cup blueberry vodka (recommended: Stoli)

Equipment

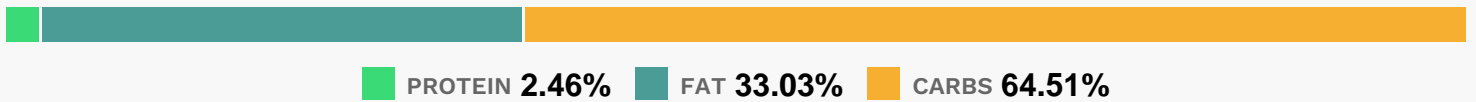
- bowl
- sauce pan
- oven
- baking pan
- hand mixer
- pastry bag
- serrated knife

Directions

- Preheat oven to 350 degrees F. Lightly spray 2 (8-inch) round baking pans with butter flavor baking spray; set aside.
- In a large bowl, combine cake mix, oil, eggs, and white cranberry juice. Use an electric mixer to beat cake batter on low speed for 30 seconds. Scrape down sides of bowl and beat for 2 minutes on medium speed.
- Divide batter evenly into prepared pans.
- Bake in preheated oven for 32 to 35 minutes, or until tester comes away clean.
- Meanwhile, make cake pudding filling: combine pudding mix, coconut milk, 1 teaspoon coconut extract, and 1/2 cup shredded coconut in a medium saucepan.
- Bring to a boil over medium heat, stirring constantly.

- Remove from heat and let cool.
- In a small bowl, mix together frosting and 2 teaspoons of coconut extract; set aside.
- With a serrated knife, cut cake layers in half horizontally; set aside.
- Fill pastry bag or zip-top bag with a third of the frosting; set aside.
- Place 1/2 of a cake layer on serving plate and pipe a ring of frosting around top edge. Fill middle of ring with 1/3 of pudding. Repeat with 2 more layers.
- Place final cake layer on top. Frost outside of cake with remaining frosting.
- Top frosted cake with blueberries and shredded coconut and serve with Blueberry Sauce.
- Combine all ingredients in saucepan.
- Cook and stir over medium heat for 3 to 6 minutes or until jelly is dissolved and sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:39.9, Inflammation Score:-6, Nutrition Score:14.933043505834%

Flavonoids

Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg Petunidin: 54.44mg, Petunidin: 54.44mg, Petunidin: 54.44mg, Petunidin: 54.44mg Delphinidin: 61.18mg, Delphinidin: 61.18mg, Delphinidin: 61.18mg, Delphinidin: 61.18mg Malvidin: 116.71mg, Malvidin: 116.71mg, Malvidin: 116.71mg, Malvidin: 116.71mg Peonidin: 35.03mg, Peonidin: 35.03mg, Peonidin: 35.03mg, Peonidin: 35.03mg Catechin: 9.13mg, Catechin: 9.13mg, Catechin: 9.13mg, Catechin: 9.13mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 819.33kcal (40.97%), Fat: 29.91g (46.02%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 131.47g (43.82%), Net Carbohydrates: 125.5g (45.64%), Sugar: 93.47g (103.86%), Cholesterol: 40.92mg (13.64%), Sodium: 503.71mg (21.9%), Alcohol: 2.65g (100%), Alcohol %: 0.83% (100%), Protein: 5.01g (10.02%), Vitamin K: 51.39µg (48.94%), Manganese: 0.88mg (44.13%), Vitamin B2: 0.48mg (28.29%), Vitamin E: 4.21mg (28.1%), Vitamin C:

20.32mg (24.63%), Fiber: 5.97g (23.87%), Phosphorus: 222.7mg (22.27%), Folate: 56.68µg (14.17%), Selenium: 8.8µg (12.57%), Vitamin B1: 0.18mg (12.19%), Iron: 2.16mg (12.02%), Calcium: 119.84mg (11.98%), Copper: 0.22mg (10.88%), Vitamin B3: 2.05mg (10.26%), Potassium: 275.31mg (7.87%), Vitamin B6: 0.14mg (7.16%), Vitamin B5: 0.61mg (6.09%), Magnesium: 23.47mg (5.87%), Zinc: 0.86mg (5.74%), Vitamin A: 166.6IU (3.33%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)