



Three Layer Coconut Cake

READY IN



50 min.

SERVINGS



8

CALORIES



738 kcal

DESSERT

Ingredients

- ☐ 5 teaspoons double-acting baking powder
- ☐ 3 cups cake flour
- ☐ 0.5 cup coconut or flaked
- ☐ 1 tablespoon plus light
- ☐ 3 egg whites
- ☐ 4 eggs
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 0.8 cup shortening

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling
- ☐ 3 cups sugar white

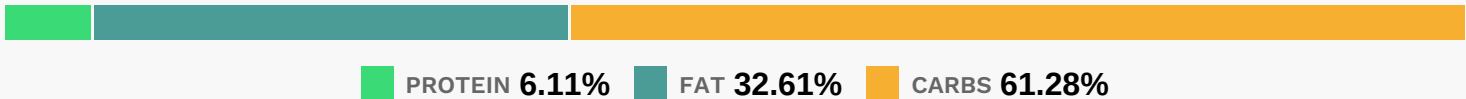
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Mix flour, 2 cups sugar, salt, and baking powder; add shortening and milk. Beat well. Beat in eggs and 1 1/2 teaspoons vanilla.
- ☐ Spread batter in three greased and floured 9 inch round pans.
- ☐ Bake for 30 minutes at 350 degrees F (175 degrees C). Cool, and remove from pans.
- ☐ Mix 3 cups sugar, corn syrup, and 1 cup boiling water in a saucepan; boil until mixture spins thread. Beat egg whites until stiff.
- ☐ Pour syrup over egg whites, beating constantly.
- ☐ Add 1 teaspoon vanilla to flavor the icing. Frost cake, and sprinkle with coconut.
- ☐ Preheat oven to 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:76.23, Inflammation Score:-2, Nutrition Score:10.338695613262%

Nutrients (% of daily need)

Calories: 738.23kcal (36.91%), Fat: 27.25g (41.92%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 115.2g (38.4%), Net Carbohydrates: 113.2g (41.16%), Sugar: 79.92g (88.8%), Cholesterol: 87.33mg (29.11%), Sodium: 630.64mg (27.42%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.48g (22.96%), Selenium: 29.94µg (42.77%), Manganese: 0.53mg (26.57%), Calcium: 227.11mg (22.71%), Phosphorus: 202.67mg (20.27%), Vitamin B2: 0.26mg (15.37%), Vitamin E: 1.64mg (10.95%), Vitamin K: 10.58µg (10.08%), Vitamin B5: 0.91mg (9.08%), Fiber: 2g (7.98%), Copper: 0.16mg (7.87%), Vitamin B12: 0.45µg (7.55%), Iron: 1.32mg (7.34%), Magnesium: 26.93mg (6.73%), Zinc: 1mg

(6.69%), Folate: 26.74µg (6.68%), Vitamin D: 0.94µg (6.29%), Potassium: 195.87mg (5.6%), Vitamin B1: 0.08mg (5.41%), Vitamin B6: 0.1mg (4.97%), Vitamin A: 193.85IU (3.88%), Vitamin B3: 0.58mg (2.9%)