



Toasted Coconut Cake

READY IN



60 min.

SERVINGS



16

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 6 oz butter softened
- ☐ 9 oz cake flour white
- ☐ 14 oz coconut milk canned (Goya or whatever)
- ☐ 14 oz condensed milk canned (Eagle Brand)
- ☐ 0.3 cup confectioners sugar
- ☐ 6 large egg whites at room temperature
- ☐ 1.3 cups granulated sugar
- ☐ 2 cups heavy whipping cream

- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 1 teaspoon mexican vanilla extract

Equipment

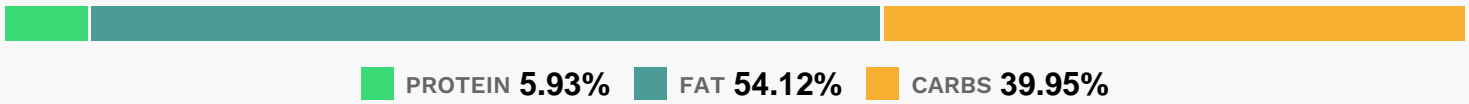
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ skewers
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 9×13 inch metal pan with baking spray. With an electric mixer, beat the room temperature egg whites until soft peaks form. Set aside. With the electric mixer, beat the butter and sugar in a large mixing bowl until light and fluffy.
- ☐ Combine the coconut milk, regular milk and vanilla in a measuring cup.
- ☐ Combine the dry ingredients (flour through salt) in a small bowl and stir for 30 seconds. With the mixer on low or by hand and using a big spoon or spatula scraper, add the dry mixture and the milk mixture to the creamed mixture alternately. Stir until blended. With a silicone scraper or whatever scraping tool you own, fold in the beaten egg whites.
- ☐ Pour into the pan and bake on center rack for 35 to 40 minutes (may take up to 45).
- ☐ Place on a wire rack and let cool. Meanwhile, poke holes in the cake with a skewer spacing about ½ inch apart.

- ☐
- Combine the condensed milk and coconut milk and pour over the cake, very gradually, allowing mixture to drip down into the holes. Cover and chill the cake for at least two hours. Make the topping. In a large bowl, beat the cream until thick.
- ☐
- Add the sugar and beat until stiff peaks start to form. Beat in the vanilla.
- ☐
- Spread or pipe over the cake and sprinkle with toasted coconut.
- ☐
- Serve directly from the pan.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:27.66, Inflammation Score:-5, Nutrition Score:7.1317391188248%

Nutrients (% of daily need)

Calories: 463.22kcal (23.16%), Fat: 28.5g (43.85%), Saturated Fat: 19.55g (122.19%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 46.22g (16.81%), Sugar: 34.85g (38.72%), Cholesterol: 65.82mg (21.94%), Sodium: 352.24mg (15.31%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 7.03g (14.06%), Selenium: 15.56µg (22.22%), Manganese: 0.38mg (18.79%), Vitamin A: 781.9IU (15.64%), Phosphorus: 147.88mg (14.79%), Calcium: 146.46mg (14.65%), Vitamin B2: 0.24mg (14.19%), Potassium: 242.93mg (6.94%), Magnesium: 25.29mg (6.32%), Copper: 0.11mg (5.59%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.44mg (4.43%), Vitamin E: 0.66mg (4.43%), Fiber: 1.11g (4.42%), Iron: 0.75mg (4.14%), Vitamin D: 0.61µg (4.06%), Vitamin B12: 0.23µg (3.79%), Vitamin B1: 0.05mg (3.54%), Folate: 14.02µg (3.5%), Vitamin B3: 0.46mg (2.29%), Vitamin B6: 0.04mg (2.17%), Vitamin K: 1.94µg (1.85%), Vitamin C: 1.52mg (1.84%)