Toasted-Coconut Layer Cake

READY IN	SERVINGS	CALORIES
100 min.	16	1069 kcal

DESSERT

Ingredients

- [ ] 2.3 teaspoons double-acting baking powder
- [ ] 2.3 cups cake flour sifted (not self-rising)
- [ ] 0.3 teaspoon cream of tartar
- [ ] 3 large egg whites
- [ ] 2 large eggs at room temperature
- [ ] 0.3 teaspoon salt
- [ ] 1 Dash salt
- [ ] 1.3 cups sugar divided
- [ ] 1.5 cups sugar

- [ ] 0.3 cup coconut dried sweetened
- [ ] 2 cups coconut dried sweetened
- [ ] 0.5 cup butter unsalted softened (1 stick)
- [ ] 13 coconut milk unsweetened canned
- [ ] 1 teaspoon vanilla extract
- [ ] 1.5 teaspoons vanilla extract

Equipment

- [ ] food processor
- [ ] bowl
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] wire rack
- [ ] blender
- [ ] hand mixer
- [ ] toothpicks
- [ ] spatula

Directions

- [ ] Place a rack in middle of oven; preheat to 35
- [ ] Coat 2 (9- x 1 1/2-inch) round cake pans with cooking spray. Dust with flour; shake out excess, and set aside.
- [ ] Place 1 cup sugar and 1/3 cup coconut in a food processor; process until coconut is finely ground.
- [ ] Transfer to a large deep bowl.
- [ ] Add butter and remaining 1/3 cup sugar to bowl; beat with an electric mixer at medium-high speed until light and fluffy (about 5 minutes).
- [ ] Add eggs, one at a time, beating well after each addition.

- [ ] Combine flour, baking powder, and salt in medium bowl. Reduce mixer speed to low.
- [ ] Add flour mixture alternately with coconut milk, beginning and ending with flour mixture. Beat in vanilla. Evenly divide batter between the 2 prepared pans.
- [ ] Bake cakes until a wooden toothpick inserted in centers comes out clean (about 35 minutes). Leave oven on. Cool cakes in pans on wire rack for 10 minutes. Invert cakes onto wire rack; cool completely.
- [ ] Place coconut on a large baking sheet; toast until golden brown (about 10 minutes), stirring twice.
- [ ] Place egg whites, sugar, cream of tartar, and salt in a large deep heatproof bowl set over about 1 1/2 inches of simmering water; beat with an electric mixer at medium-high speed until peaks form when beaters are lifted (about 7 minutes).
- [ ] Remove bowl from saucepan; continue beating until frosting is cooled (about 3 minutes). Beat in vanilla.
- [ ] Carefully place 1 cake layer on a plate. Using a spatula, spread a layer of frosting over top of cake; top with remaining cake.
- [ ] Spread remaining frosting over top and sides of entire cake.
- [ ] Sprinkle toasted coconut over entire cake.

Nutrition Facts

PROTEIN 4.07% **FAT 70.05%** **CARBS 25.88%**
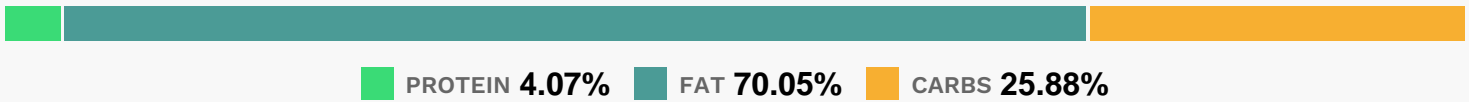
Properties

Glycemic Index:18.7, Glycemic Load:33.13, Inflammation Score:-5, Nutrition Score:20.235217400219%

Nutrients (% of daily need)

Calories: 1069.07kcal (53.45%), Fat: 87.58g (134.75%), Saturated Fat: 75.73g (473.31%), Carbohydrates: 72.81g (24.27%), Net Carbohydrates: 64.01g (23.28%), Sugar: 50.97g (56.63%), Cholesterol: 38.5mg (12.83%), Sodium: 203.17mg (8.83%), Alcohol: 0.22g (100%), Alcohol %: 0.07% (100%), Protein: 11.46g (22.92%), Manganese: 3.24mg (162.05%), Copper: 0.94mg (47.16%), Selenium: 32.57µg (46.52%), Phosphorus: 381.82mg (38.18%), Fiber: 8.8g (35.2%), Magnesium: 132.77mg (33.19%), Iron: 5.87mg (32.63%), Potassium: 946.98mg (27.06%), Zinc: 2.51mg (16.72%), Folate: 61.57µg (15.39%), Vitamin B3: 2.75mg (13.75%), Vitamin C: 9.1mg (11.03%), Calcium: 95.14mg (9.51%), Vitamin B5: 0.8mg (8.05%), Vitamin B1: 0.1mg (6.91%), Vitamin B6: 0.13mg (6.44%), Vitamin E: 0.79mg (5.25%), Vitamin B2: 0.08mg (4.58%), Vitamin A: 211.37IU (4.23%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.07µg (1.22%)