



Toasted-Coconut Refrigerator Cake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

Ingredients

- ☐ 2 cupcake liners (such as Sara Lee)
- ☐ 1 cup cup heavy whipping cream soft (or whipping)
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 2 cups vanilla pudding

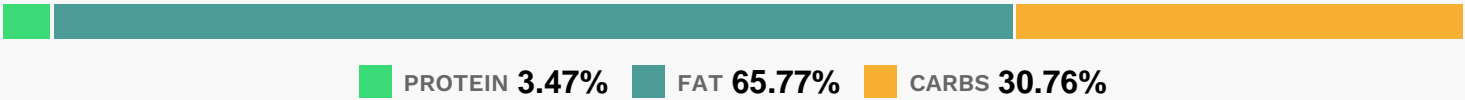
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 F.
- ☐ Spread the coconut on a baking sheet and toast in oven until golden, about 10 minutes, shaking the tray once about halfway through the cooking time.
- ☐ Remove and let cool. In a medium bowl, gently fold together the whipped cream and pudding. Slice each cake vertically in half, then slice each half horizontally into three -inch layers. Line an 8-by-8-inchesquare pan with 4 slices of cake to make 1 layer. Top with about 1cup of the pudding mixture, spreading to cover the cake. Repeat the process to form 3 layers, ending with the pudding mixture. Refrigerate for 1 hour.
- ☐ Garnish with the toasted coconut and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.0499999775835%

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 12.84g (19.75%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 13.13g (4.77%), Sugar: 10.03g (11.14%), Cholesterol: 33.83mg (11.28%), Sodium: 85.68mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin A: 442.92IU (8.86%), Vitamin B2: 0.08mg (4.89%), Selenium: 2.77µg (3.95%), Calcium: 34.18mg (3.42%), Vitamin D: 0.48µg (3.17%), Phosphorus: 30.02mg (3%), Manganese: 0.05mg (2.37%), Vitamin E: 0.29mg (1.91%), Vitamin B1: 0.03mg (1.76%), Fiber: 0.38g (1.53%), Vitamin K: 1.5µg (1.43%), Potassium: 49.16mg (1.4%), Folate: 5.35µg (1.34%), Iron: 0.24mg (1.32%), Magnesium: 4.73mg (1.18%), Vitamin B3: 0.2mg (1.01%)