



Torta de Dulce de Coco (Colombian Coconut Pudding Cake)

READY IN



45 min.

SERVINGS



15

CALORIES



284 kcal

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 teaspoon coconut extract
- ☐ 0.3 cups milk and coconut dessert
- ☐ 5 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 1 pinch salt
- ☐ 4.5 cups sponge cake crumbs
- ☐ 1 teaspoon vanilla extract

☐ 1 cup cooking wine sweet

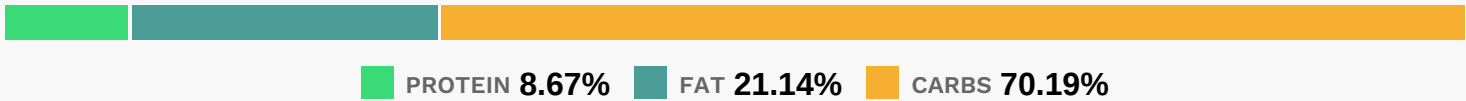
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat an oven to 325°F. Lightly butter an 8 x 8 square baking pan or 8 round baking pan.
- ☐ Place all the remaining ingredients in a large mixing bowl and mix well until well combined.
- ☐ Pour the mixture into the prepared pan and bake for about 30 to 40 minutes.
- ☐ Transfer the pan to a wire rack and let cool for about 15 minutes, then release the pan sides and slide the cake onto a serving plate.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:2.21, Inflammation Score:-2, Nutrition Score:6.6747826402602%

Nutrients (% of daily need)

Calories: 283.93kcal (14.2%), Fat: 6.41g (9.87%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 47.17g (17.15%), Sugar: 26.31g (29.23%), Cholesterol: 132.98mg (44.33%), Sodium: 486.31mg (21.14%), Alcohol: 1.87g (100%), Alcohol %: 2.08% (100%), Protein: 5.92g (11.84%), Vitamin B2: 0.27mg (16%), Selenium: 11.05µg (15.79%), Iron: 2.51mg (13.93%), Phosphorus: 137.51mg (13.75%), Vitamin B1: 0.19mg (12.37%), Manganese: 0.24mg (11.97%), Folate: 41.18µg (10.29%), Vitamin B3: 1.49mg (7.45%), Calcium: 63.28mg (6.33%), Vitamin B5: 0.58mg (5.82%), Vitamin A: 258.87IU (5.18%), Vitamin B12: 0.31µg (5.09%), Potassium: 156.64mg (4.48%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.08mg (4.05%), Copper: 0.08mg (3.98%), Magnesium: 14.72mg (3.68%), Fiber: 0.75g (3.02%), Vitamin D: 0.44µg (2.9%), Vitamin E: 0.39mg (2.62%)