



Tres Leches Cake

 Vegetarian

READY IN



10 min.

SERVINGS



18

CALORIES



322 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 6 large eggs separated
- 12 oz evaporated milk canned
- 1.5 cups flour all-purpose
- 1.3 teaspoons salt
- 0.3 cup sugar
- 1 cup sugar
- 14 oz condensed milk sweetened canned

- 6 tablespoons butter unsalted at room temperature
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 1.5 cups whipping cream
- 1 cup milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- hand mixer
- toothpicks

Directions

- Make cake: Preheat oven to 350F. Mist a 13-by-9-inch baking pan with cooking spray. In a bowl, combine flour, baking powder and salt.
- In a bowl, using an electric mixer on medium-high speed, beat butter and sugar until light, about 3 minutes.
- Add yolks, one at a time, beating after each. Beat in vanilla.
- Add flour mixture in three parts to form a stiff batter.
- Using clean beaters and bowl, beat egg whites until peaks form. Stir 1/3 of whites into batter; fold in remaining whites.
- Spread batter in pan.
- Bake until a toothpick inserted into center comes out clean, about 30 minutes. Use a fork to poke holes on top of cake. Cool to room temperature on a rack.
- Whisk together whole, condensed and evaporated milks.
- Pour over cake, cover and chill for at least 4 hours.
- To serve, whip cream with sugar and vanilla until firm peaks form.

Spread over cake and chill 30 minutes to 1 hour.

Garnish with fruit, if desired.

Nutrition Facts

PROTEIN 8.91% **FAT 45.48%** **CARBS 45.61%**

Properties

Glycemic Index:22.57, Glycemic Load:23.09, Inflammation Score:-4, Nutrition Score:7.0995652779289%

Nutrients (% of daily need)

Calories: 321.68kcal (16.08%), Fat: 16.46g (25.32%), Saturated Fat: 9.83g (61.42%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 36.85g (13.4%), Sugar: 29.12g (32.36%), Cholesterol: 109.05mg (36.35%), Sodium: 279.92mg (12.17%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 7.26g (14.51%), Vitamin B2: 0.34mg (19.98%), Selenium: 13.33µg (19.04%), Calcium: 173.59mg (17.36%), Phosphorus: 172.04mg (17.2%), Vitamin A: 624.17IU (12.48%), Vitamin B1: 0.13mg (8.6%), Folate: 31.77µg (7.94%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.93µg (6.22%), Potassium: 214.38mg (6.13%), Iron: 0.92mg (5.11%), Zinc: 0.75mg (5%), Magnesium: 17.8mg (4.45%), Manganese: 0.08mg (4.04%), Vitamin B3: 0.74mg (3.7%), Vitamin E: 0.54mg (3.63%), Vitamin B6: 0.07mg (3.45%), Copper: 0.04mg (1.89%), Vitamin C: 1.05mg (1.27%), Vitamin K: 1.33µg (1.27%), Fiber: 0.28g (1.13%)