



## Tres Leches Cake

 Vegetarian

READY IN



245 min.

SERVINGS



10

CALORIES



573 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 4 large eggs separated
- 12 ounce evaporated milk canned
- 1.5 cups flour for dusting all-purpose plus more the cake pan
- 0.5 teaspoon ground cinnamon
- 2 cups heavy cream divided
- 3 tablespoons orange liqueur (recommended: Grand Marnier)
- 1 tablespoon powdered sugar

- 1.5 cups sugar
- 14 ounce condensed milk sweetened canned
- 0.5 cup milk whole

## Equipment

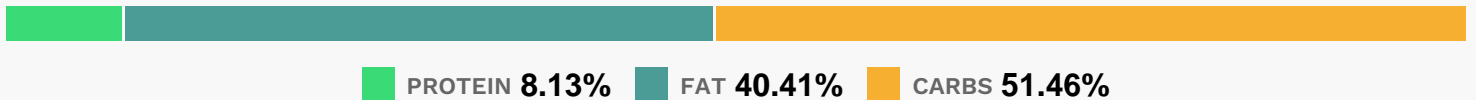
- bowl
- frying pan
- baking paper
- oven
- whisk
- mixing bowl
- blender
- hand mixer
- cake form
- skewers

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray and flour a 10-inch cake pan with 2-inch high sides and then line with parchment paper. Grease the parchment paper.
- Mix the flour and baking powder in a medium bowl. Set aside.
- In a large mixing bowl, using an electric mixer with the whisk attachment, whip the egg whites until frothy. With the mixer running, gradually add the sugar and beat to stiff peaks. Beat in the yolks, 1 at a time, blending well after each addition.
- Add the flour mixture in 3 additions, alternating with the whole milk in 2 additions.
- Pour the batter into the prepared pan and bake until a tester inserted into the center comes out clean, about 30 minutes. Cool the cake slightly, about 10 minutes, then invert onto a platter with 1-inch high sides.
- Pierce the top of the cake all over with a thick skewer.

- Mix the sweetened condensed milk, evaporated milk, 1 cup heavy cream and orange liqueur in a medium bowl.
- Pour the mixture over the cake while warm. Cover and refrigerate until cold, about 3 hours or overnight.
- Combine the remaining 1 cup heavy cream and powdered sugar in a medium bowl. Using an electric mixer, beat the cream until soft peaks form.
- Spread the whipped cream onto top of the cake and sprinkle with the ground cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:34.11, Glycemic Load:44.99, Inflammation Score:-6, Nutrition Score:11.893043559531%

## Nutrients (% of daily need)

Calories: 572.69kcal (28.63%), Fat: 25.8g (39.69%), Saturated Fat: 15.58g (97.35%), Carbohydrates: 73.92g (24.64%), Net Carbohydrates: 73.36g (26.68%), Sugar: 59.28g (65.87%), Cholesterol: 153.01mg (51%), Sodium: 260.62mg (11.33%), Alcohol: 1.17g (100%), Alcohol %: 0.71% (100%), Protein: 11.67g (23.35%), Vitamin B2: 0.57mg (33.49%), Calcium: 333.81mg (33.38%), Selenium: 21.02µg (30.02%), Phosphorus: 295.88mg (29.59%), Vitamin A: 1015.06IU (20.3%), Vitamin B1: 0.22mg (14.9%), Folate: 52.71µg (13.18%), Vitamin B5: 1.07mg (10.71%), Potassium: 364.15mg (10.4%), Vitamin D: 1.41µg (9.39%), Vitamin B12: 0.55µg (9.15%), Iron: 1.57mg (8.7%), Zinc: 1.19mg (7.97%), Manganese: 0.16mg (7.92%), Magnesium: 30.32mg (7.58%), Vitamin B3: 1.32mg (6.61%), Vitamin E: 0.79mg (5.24%), Vitamin B6: 0.1mg (5.19%), Copper: 0.06mg (3.13%), Vitamin C: 1.97mg (2.39%), Fiber: 0.56g (2.25%), Vitamin K: 2.15µg (2.05%)