



## Tres Leches Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



774 kcal

DESSERT

### Ingredients

- 0.5 cup condensed milk
- 6 eggs
- 1 cup flour
- 2 cups heavy cream
- 6 ounces heavy cream
- 1 lime zest
- 2 lime zest
- 2 cups milk

- 6 servings poached berries mixed
- 1 cup sugar

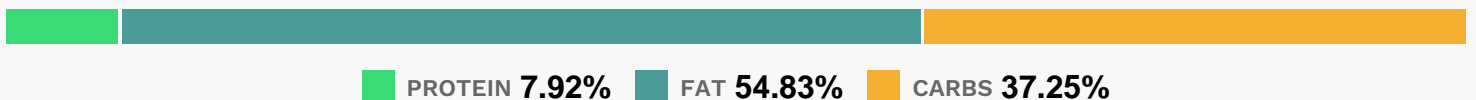
## Equipment

- bowl
- frying pan
- oven
- pot
- cake form

## Directions

- Preheat oven to 350 degrees F.
- In a medium size bowl whip the eggs and sugar until very light and fluffy.
- Add in the zest and gently fold in the flour.
- Pour the batter into a greased 10-inch round cake pan and bake until golden, about 20 minutes.
- Remove the cake from the pan and allow to cool. Return the cake to the pan.
- To make the milk mixture, pour all of the ingredients into a medium size pot and bring to a boil.
- To assemble the cake, use a small cup and pour the hot milk mixture over the cake and allow to soak for at least 30 minutes, pressing down on the cake to make sure it is absorbing the milk mixture. To garnish the cake, whip the heavy cream and top the cake with the whipped cream.
- Add the berries decoratively.

## Nutrition Facts



## Properties

Glycemic Index:51.35, Glycemic Load:45.5, Inflammation Score:-8, Nutrition Score:16.987391409667%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 774.42kcal (38.72%), Fat: 48.26g (74.25%), Saturated Fat: 29.1g (181.86%), Carbohydrates: 73.78g (24.59%), Net Carbohydrates: 72.26g (26.27%), Sugar: 55.06g (61.18%), Cholesterol: 303.79mg (101.26%), Sodium: 156.28mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.36%), Vitamin B2: 0.74mg (43.42%), Selenium: 29.46µg (42.08%), Vitamin A: 2037.59IU (40.75%), Phosphorus: 324.88mg (32.49%), Calcium: 282.76mg (28.28%), Vitamin D: 3.55µg (23.66%), Vitamin B1: 0.28mg (18.77%), Vitamin B12: 1.12µg (18.59%), Folate: 68.67µg (17.17%), Vitamin B5: 1.61mg (16.09%), Vitamin C: 11.08mg (13.43%), Potassium: 437.29mg (12.49%), Iron: 2.11mg (11.73%), Vitamin E: 1.63mg (10.83%), Zinc: 1.59mg (10.57%), Vitamin B6: 0.2mg (9.96%), Magnesium: 35.85mg (8.96%), Manganese: 0.17mg (8.29%), Vitamin B3: 1.54mg (7.72%), Fiber: 1.53g (6.11%), Copper: 0.1mg (5.13%), Vitamin K: 4.4µg (4.19%)