

Tres Leches Cake



Vegetarian



Popular

READY IN



45 min.

SERVINGS



15

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 5 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups heavy whipping cream
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup sugar white
- ☐ 2 cups milk whole

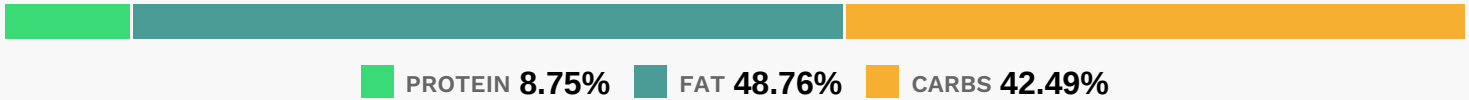
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
- ☐ Sift flour and baking powder together and set aside.
- ☐ Cream butter or margarine and the 1 cup sugar together until fluffy.
- ☐ Add eggs and the 1/2 teaspoon vanilla extract; beat well.
- ☐ Add the flour mixture to the butter mixture 2 tablespoons at a time; mix until well blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes. Pierce cake several times with a fork.
- ☐ Combine the whole milk, condensed milk, and evaporated milk together.
- ☐ Pour over the top of the cooled cake.
- ☐ Whip whipping cream, the remaining 1 cup of the sugar, and the remaining 1 teaspoon vanilla together until thick.
- ☐ Spread over the top of cake. Be sure and keep cake refrigerated, enjoy!

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:25.63, Inflammation Score:-5, Nutrition Score:8.6321739062019%

Nutrients (% of daily need)

Calories: 390.28kcal (19.51%), Fat: 21.42g (32.95%), Saturated Fat: 12.98g (81.14%), Carbohydrates: 42g (14%), Net Carbohydrates: 41.66g (15.15%), Sugar: 32.46g (36.07%), Cholesterol: 117.48mg (39.16%), Sodium: 127.8mg (5.56%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 8.65g (17.3%), Vitamin B2: 0.41mg (24.04%), Calcium: 220.35mg (22.03%), Phosphorus: 211.84mg (21.18%), Selenium: 14.69µg (20.98%), Vitamin A: 798.04IU (15.96%), Vitamin B1: 0.16mg (10.82%), Folate: 35.75µg (8.94%), Vitamin B12: 0.51µg (8.52%), Vitamin B5: 0.82mg (8.19%), Vitamin D: 1.22µg (8.15%), Potassium: 277.4mg (7.93%), Zinc: 0.91mg (6.04%), Magnesium: 22.89mg (5.72%), Iron: 0.99mg (5.52%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.9mg (4.52%), Vitamin E: 0.65mg (4.35%), Vitamin B6: 0.08mg (4.21%), Copper: 0.04mg (2.08%), Vitamin K: 1.77µg (1.69%), Vitamin C: 1.28mg (1.55%), Fiber: 0.34g (1.35%)