



## Tres Leches Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

### Ingredients

- ☐ 3 large egg whites
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup half and half
- ☐ 1 teaspoon lemon zest

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 cup sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

## Equipment

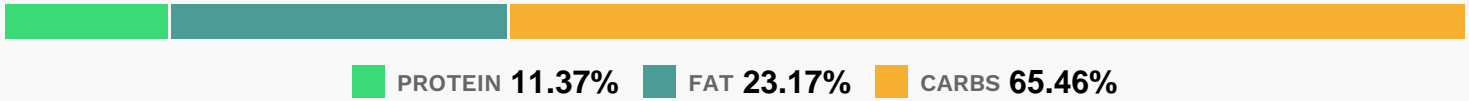
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup
- ☐ candy thermometer

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 13 x 9-inch baking dish with cooking spray; dust with 1 tablespoon flour.
- ☐ Place salt and 4 egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add 2/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Place 1 teaspoon vanilla and eggs in a large bowl; beat until thick and pale (about 3 minutes). Gently fold egg white mixture into egg mixture. Lightly spoon 2/3 cup flour into dry measuring cups; level with a knife. Gently fold flour into egg mixture. Spoon batter into prepared dish.
- ☐ Bake at 350 for 20 minutes or until cake springs back when touched lightly in center. Cool 5 minutes in pan on a wire rack.

- ☐ To prepare the milk mixture, combine the half-and-half, condensed milk, and evaporated milk. Pierce the entire top of cake with a fork, and pour the milk mixture over the cake.
- ☐ To prepare meringue, beat 3 egg whites with a mixer at high speed until foamy.
- ☐ Combine 1 cup sugar and 1/3 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed. Stir in rind and 1 teaspoon vanilla.
- ☐ Spread over cake.

## Nutrition Facts



## Properties

Glycemic Index:29.27, Glycemic Load:34.55, Inflammation Score:-3, Nutrition Score:7.2521739705749%

## Nutrients (% of daily need)

Calories: 334.28kcal (16.71%), Fat: 8.73g (13.42%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 55.23g (20.08%), Sugar: 49.65g (55.16%), Cholesterol: 73.03mg (24.34%), Sodium: 183.31mg (7.97%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 9.64g (19.27%), Vitamin B2: 0.45mg (26.53%), Selenium: 16.61µg (23.73%), Calcium: 199.75mg (19.97%), Phosphorus: 196.24mg (19.62%), Potassium: 293.28mg (8.38%), Vitamin B1: 0.11mg (7.63%), Vitamin B5: 0.75mg (7.49%), Folate: 27.03µg (6.76%), Vitamin B12: 0.36µg (5.96%), Vitamin A: 295.04IU (5.9%), Magnesium: 22.83mg (5.71%), Zinc: 0.83mg (5.55%), Iron: 0.73mg (4.05%), Vitamin B6: 0.07mg (3.35%), Manganese: 0.06mg (3.16%), Vitamin B3: 0.63mg (3.13%), Vitamin D: 0.34µg (2.3%), Vitamin C: 1.8mg (2.18%), Copper: 0.04mg (1.95%), Vitamin E: 0.28mg (1.9%)