



Tres Leches Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 6 large egg whites
- ☐ 6 large egg yolks
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.5 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose

- ☐ 9 ounces flour all-purpose
- ☐ 2 tablespoons rum light
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

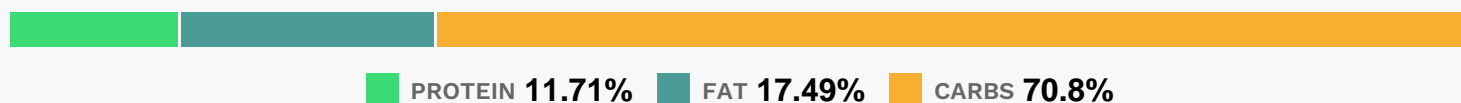
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat the oven to 37

- ☐ To prepare cake, coat a 13 x 9-inch baking pan with cooking spray; dust with 1 tablespoon flour. Set aside.
- ☐ Place egg yolks, 2/3 cup sugar, and 2 teaspoons vanilla in a large bowl; beat with a mixer at high speed until mixture is thick and pale, about 2 minutes.
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/4 teaspoon salt; stir well with a whisk.
- ☐ Add flour mixture and 1/2 cup fat-free milk alternately to egg yolk mixture, beginning and ending with flour mixture.
- ☐ Beat 6 egg whites in a large bowl with a mixer at high speed until foamy using clean, dry beaters.
- ☐ Add 3 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form (about 2 minutes). Gently fold egg white mixture into flour mixture. Spoon batter into prepared baking pan.
- ☐ Bake at 375 for 20 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Turn cake out onto a platter with sides. Pierce entire top of cake with a fork.
- ☐ To prepare sauce, combine condensed milk, evaporated milk, 1/2 cup fat-free milk, and rum; stir with a whisk. Slowly pour milk mixture evenly over cake. Cover with plastic wrap, and refrigerate at least 3 hours or overnight.
- ☐ To prepare meringue, beat 4 egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl with a mixer at high speed until foamy using clean, dry beaters.
- ☐ Combine 1 cup sugar and 1/2 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 25
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form (about 3 minutes). Stir in 1 teaspoon vanilla.
- ☐ Spread meringue evenly over top and sides of cake.
- ☐ Garnish with nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:33.69, Inflammation Score:-3, Nutrition Score:7.4530434077201%

Nutrients (% of daily need)

Calories: 297.75kcal (14.89%), Fat: 5.73g (8.82%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 51.75g (18.82%), Sugar: 39.37g (43.75%), Cholesterol: 83.68mg (27.89%), Sodium: 216.27mg (9.4%), Alcohol: 0.88g (100%), Alcohol %: 0.86% (100%), Protein: 8.63g (17.26%), Selenium: 17.71µg (25.3%), Vitamin B2: 0.39mg (22.99%), Calcium: 185.48mg (18.55%), Phosphorus: 173.61mg (17.36%), Vitamin B1: 0.18mg (11.85%), Folate: 44.76µg (11.19%), Potassium: 236.85mg (6.77%), Vitamin B5: 0.65mg (6.51%), Iron: 1.12mg (6.24%), Manganese: 0.12mg (6.2%), Vitamin B12: 0.33µg (5.51%), Vitamin B3: 1.1mg (5.49%), Magnesium: 19.01mg (4.75%), Zinc: 0.7mg (4.69%), Vitamin A: 224.59IU (4.49%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.06mg (2.93%), Copper: 0.04mg (2.22%), Fiber: 0.44g (1.78%), Vitamin E: 0.25mg (1.65%), Vitamin C: 1.05mg (1.27%)