



## Tres Leches Cake (Three Milks Cake)

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



390 kcal

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 5 large eggs
- ☐ 12 ounce evaporated milk canned
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 cup powdered sugar
- ☐ 1 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup butter unsalted

- ☐ 1 teaspoon vanilla extract divided
- ☐ 1.5 cups whipping cream

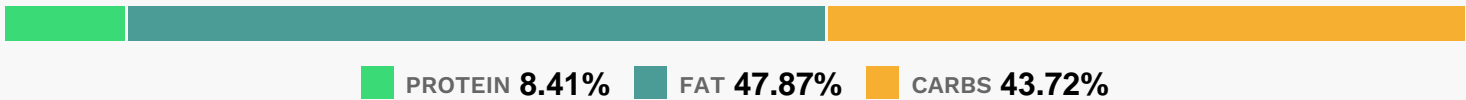
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 350
- ☐ Grease and flour a 13- x 9-inch baking dish.
- ☐ Beat butter and sugar at medium speed with an electric mixer until fluffy; mix in eggs and 1/2 teaspoon vanilla.
- ☐ Combine flour and baking powder; add gradually to butter mixture, stirring to blend.
- ☐ Pour batter into prepared dish, and bake at 350 for 30 minutes or until wooden pick inserted in center comes out clean. Pierce cake with a fork all over.
- ☐ Combine the 3 milks, and pour on top of cake; cool to room temperature. Cover and refrigerate until well chilled, at least 4 hours or overnight.
- ☐ Beat whipping cream, powdered sugar, and remaining vanilla at medium-high speed with an electric mixer until thick; spread over cake, and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.41, Glycemic Load:25.38, Inflammation Score:-5, Nutrition Score:8.2908695469732%

## Nutrients (% of daily need)

Calories: 389.91kcal (19.5%), Fat: 21.02g (32.33%), Saturated Fat: 12.7g (79.36%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 42.85g (15.58%), Sugar: 33.54g (37.27%), Cholesterol: 122.69mg (40.9%), Sodium: 137.6mg (5.98%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 8.3g (16.61%), Vitamin B2: 0.39mg (23.09%), Selenium: 14.98µg (21.4%), Calcium: 206.77mg (20.68%), Phosphorus: 200.31mg (20.03%), Vitamin A: 780.15IU

(15.6%), Vitamin B1: 0.15mg (10.24%), Folate: 36.61µg (9.15%), Vitamin B5: 0.78mg (7.83%), Vitamin B12: 0.44µg (7.33%), Potassium: 252.87mg (7.22%), Vitamin D: 1.08µg (7.21%), Iron: 1.04mg (5.79%), Zinc: 0.86mg (5.72%), Magnesium: 20.98mg (5.25%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.66mg (4.43%), Vitamin B6: 0.08mg (3.86%), Copper: 0.04mg (2.14%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.26mg (1.53%), Fiber: 0.34g (1.35%)