



Tres Leches Cake with Crema de Coco

 Vegetarian

READY IN



225 min.

SERVINGS



12

CALORIES



480 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup coconut flakes flaked toasted
- 0.5 cup cream of coconut canned (not coconut milk)
- 4 eggs
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 5 kiwi fruit peeled chopped
- 3 tablespoons rum light

- 2 tablespoons powdered sugar
- 0.3 teaspoon salt
- 1 pound strawberries sliced
- 14 ounces condensed milk sweetened canned
- 1 teaspoon vanilla
- 0.3 cup water cold
- 0.8 cup whipping cream (heavy)
- 1 cup whipping cream (heavy)

Equipment

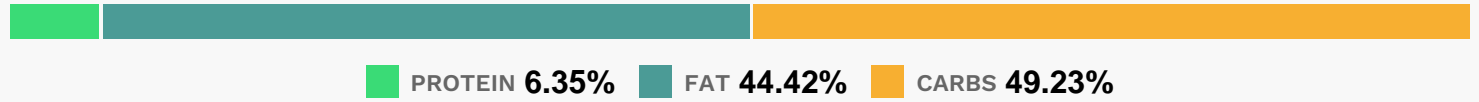
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- glass baking pan

Directions

- Heat oven to 350F. Grease bottom and sides of 11x7-inch (2-quart) glass baking dish with shortening.
- In large bowl, beat eggs with electric mixer on high speed until frothy. Gradually beat in granulated sugar; beat on high speed about 5 minutes or until very thick and lemon colored. Beat in water and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth.
- Pour into pan.
- Bake 20 to 25 minutes or until toothpick inserted in center of cake comes out clean. Cool 1 hour on wire rack.
- Meanwhile, in large bowl, stir together all Tres Leches Sauce ingredients. Refrigerate until ready to use.

- Poke top of cooled cake all over with toothpick or fork; slowly pour sauce over cake, allowing it to soak in. Cover and refrigerate at least 2 hours until most of the sauce is absorbed.
- In chilled small bowl, beat whipping cream and powdered sugar with electric mixer on high speed until soft peaks form.
- Serve cake topped with sweetened whipped cream, coconut, strawberries and kiwi fruit.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:28.59, Inflammation Score:-6, Nutrition Score:13.525652263476%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 480.42kcal (24.02%), Fat: 23.85g (36.69%), Saturated Fat: 16.19g (101.21%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 55.73g (20.26%), Sugar: 46.91g (52.12%), Cholesterol: 105.03mg (35.01%), Sodium: 167.72mg (7.29%), Alcohol: 1.37g (100%), Alcohol %: 0.82% (100%), Protein: 7.67g (15.34%), Vitamin C: 51.72mg (62.7%), Manganese: 0.46mg (22.86%), Selenium: 15.59µg (22.27%), Vitamin B2: 0.35mg (20.55%), Phosphorus: 188.13mg (18.81%), Calcium: 167.71mg (16.77%), Vitamin K: 17.52µg (16.68%), Fiber: 3.74g (14.96%), Vitamin A: 715.24IU (14.3%), Folate: 50.55µg (12.64%), Potassium: 359.36mg (10.27%), Vitamin B1: 0.15mg (9.88%), Magnesium: 32.62mg (8.15%), Copper: 0.16mg (8.13%), Vitamin B5: 0.78mg (7.8%), Vitamin E: 1.17mg (7.77%), Iron: 1.36mg (7.58%), Vitamin D: 0.91µg (6.1%), Zinc: 0.91mg (6.06%), Vitamin B6: 0.12mg (6.04%), Vitamin B12: 0.33µg (5.53%), Vitamin B3: 1.05mg (5.24%)