



## Tres Leches Cake with Mango

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



741 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups cake flour
- ☐ 1 tablespoon rum dark
- ☐ 4 large eggs
- ☐ 12 ounce evaporated milk canned
- ☐ 10 servings ground cinnamon for sprinkling
- ☐ 1 cup heavy cream
- ☐ 2 large mangoes ripe

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.7 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 10 servings vegetable oil for greasing
- ☐ 2.3 cups milk whole

## Equipment

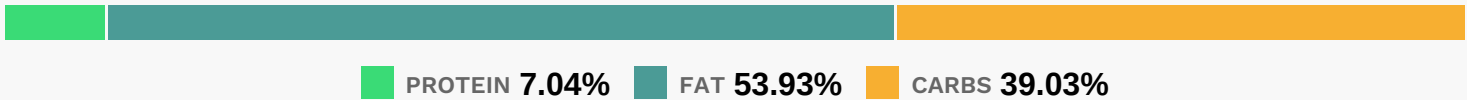
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

## Directions

- ☐ Preheat the oven to 350 degrees F. Grease an 8-inch square baking pan with vegetable oil and line the bottom with parchment paper.
- ☐ Make the cake: Beat the eggs and sugar in a large bowl with a mixer until pale and slightly thick, about 6 minutes. Slowly beat in the melted butter, then beat in the vanilla and 1/4 cup whole milk.
- ☐ Whisk the flour, baking powder and salt in a bowl. Sift the flour mixture over the egg mixture, then gently fold together with a rubber spatula to make a thick batter.

- ☐ Transfer the batter to the prepared pan and bake until a toothpick inserted into the center of the cake comes out clean, about 30 minutes. Run a knife along the edges to release the cake from the pan.
- ☐ Meanwhile, whisk the remaining 2 cups whole milk, the evaporated milk, condensed milk and rum in a bowl. Pierce the warm cake all over with a fork, then pour the milk mixture gradually and evenly on top, letting the cake absorb the liquid until all is used. Cover and refrigerate at least 1 hour or overnight.
- ☐ Before serving, make the topping: Peel, pit and dice the mangoes. Puree half the mangoes in a blender with 2 tablespoons sugar.
- ☐ Transfer to a bowl and fold in the remaining diced mango. In a separate bowl, beat the heavy cream and the remaining 1 tablespoon sugar with a mixer until soft peaks form. Slice the cake; top each piece with the whipped cream and sprinkle with cinnamon.
- ☐ Serve the mango topping on the side.
- ☐ Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:46.99, Glycemic Load:42.43, Inflammation Score:-8, Nutrition Score:16.363478359969%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## Nutrients (% of daily need)

Calories: 741.21kcal (37.06%), Fat: 45.12g (69.41%), Saturated Fat: 20.86g (130.38%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 71.31g (25.93%), Sugar: 57.8g (64.22%), Cholesterol: 163.78mg (54.59%), Sodium: 245.63mg (10.68%), Alcohol: 0.64g (100%), Alcohol %: 0.28 (100%), Protein: 13.25g (26.49%), Calcium: 350.8mg (35.08%), Selenium: 22.6µg (32.29%), Phosphorus: 316.07mg (31.61%), Vitamin A: 1566.48IU (31.33%), Vitamin B2: 0.52mg (30.73%), Vitamin K: 30.65µg (29.19%), Manganese: 0.54mg (26.96%), Vitamin C: 16.97mg (20.57%), Vitamin E: 2.56mg (17.1%), Potassium: 484.63mg (13.85%), Vitamin B12: 0.77µg (12.79%), Vitamin B5: 1.27mg (12.74%), Vitamin D: 1.73µg (11.5%), Folate: 42µg (10.5%), Magnesium: 39.63mg (9.91%), Zinc: 1.43mg (9.5%), Fiber:

2.18g (8.7%), Vitamin B6: 0.17mg (8.65%), Vitamin B1: 0.12mg (8.21%), Copper: 0.12mg (6.03%), Iron: 0.98mg (5.44%), Vitamin B3: 0.74mg (3.68%)